

# useful words

## ON ARRIVING IN PORTUGAL

My passport O meu passaporte, visa visto, the papers for the car os documentos do carro - I am coming on holiday Venho de férias, on business em negócios - One suitcase is missing Falta uma mala - I have nothing to declare Não tenho nada a declarar - Please call a taxi Chame-me um táxi por favor

## DAILY GREETINGS

Good morning Bom dia - Good afternoon or evening Boa tarde - Good night Boa noite - Good bye Adeus - So long Até logo - Yes No Sim/Não - Please Por favor - Thank you Obrigado - Excuse me Com licença - I am sorry Desculpe-me

DA  
Sunday Domingo, Mo...  
Wednesday Quarta-feira...  
-feira, Saturday Sábado...  
March Março, April Abril...  
August Agosto, Sep...  
Novembro, December...  
Verão, Autumn Outono...

I don't understand  
Please tell me... It  
Qual é o endereço?  
número do telefone?  
favor - Send for a  
feel well Não me si...  
sede, in a hurry p...

What time is it? Qi...  
tomorrow Depois de...  
à tarde - Yesterday  
Tarde - Early Cedo...

How much have I...  
traveller's cheques)  
in foreign currency  
Can you change? F...  
Notas - Coins Moedas...

for... leave from? A...  
left/to the right A...  
frente/para trás - Can you direct me to... Pode indicar-me o...  
caminho para..., the centre of the city o centro da cidade,  
the way out of the city to... a saí da da cidade para..., a...  
good hotel um bom hotel, a boarding-house uma pensão, a...  
camping site um parque de campismo

## IN THE HOTEL

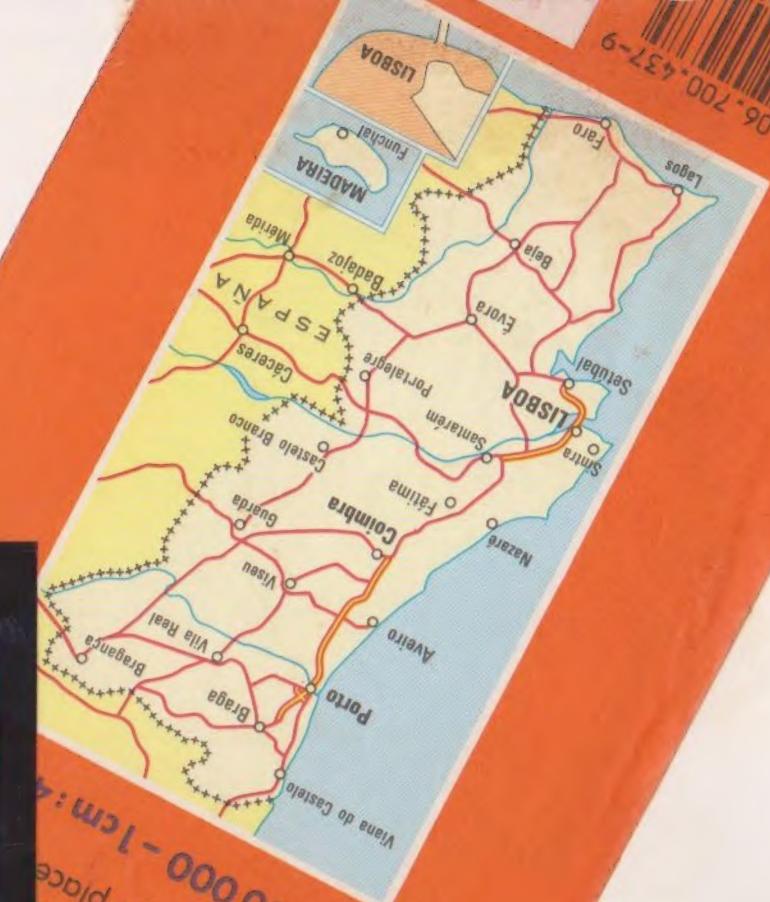
A double room with private bathroom Um quarto de casal com...  
banho, with two beds com duas camas, full board pensão...  
completa, bed and breakfast quarto e pequeno almoço - Wake...  
me at 8 o'clock Acorde-me às 8 horas - Bring me my breakfast  
Traga-me o pequeno almoço - Can you have this washed? Seria...  
possível lavar isto? - Is there any mail? Há correspondência?  
- Please keep this for me Guarde-me isto por favor

## IN THE RESTAURANT

Breakfast Pequeno almoço - Lunch Almoço - Dinner Jantar - A...  
table for four Uma mesa para quatro - The menu A ementa -  
The wine list A carta dos vinhos - The bill A conta  
SOUPO Sopa - Cabbage and potato Caldo verde - Chicken broth  
Canja - Shellfish soup Sopa de marisco - Bread and egg soup  
Sopa à alentejana  
VEGETABLES Legumes - French fried potatoes Batatas fritas -  
Green peas Ervilhas - French beans Feijão verde - Cauliflower  
Couve-flor - Lettuce Alface - Asparagus Espargos - Carrots  
Cenouras - Mushrooms Cogumelos - Cucumber Pepino - Tomato  
Tomate - Onions Cebolas - Beetroot Beterraba  
SEAFOOD Marisco - Lobster Lagosta - Shrimps Camarão - Oysters  
Mussels Mexilhão - Prawns Gamba - Spider crab Santola  
Clams Ameijoas

30

FISH Peixe - Fish chowder Caldeirada - Whiting Pescada -  
Sole Linguado - Red mullet Salmonete - Sardines Sardinhas -  
Eel Enguias - Trout Truta - Squid Lulas - Shad Sável -  
Salted codfish Bacalhau - Tunny Atum - Lamprey Lampreia  
MEAT Carne - Beef Vaca - Veal Vitela - Pork Porco - Sucking  
pig Leitão - Mutton Carneiro - Kid Cabrito - Steak Bife -  
Liver Fígado - Chops Costeletas - Cutlets Escalopes - Sausages  
Salsichas - Tripe Dobra - Tongue Língua - Portuguese stew  
Cozido à portuguesa - Ham Fiambre - Smoked ham Presunto -  
Cold meat Carnes frias  
GAME AND POULTRY Caça e aves - Chicken Frango - Duck Pato -  
Turkey Peru - Rabbit Coelho - Partridge Perdiz

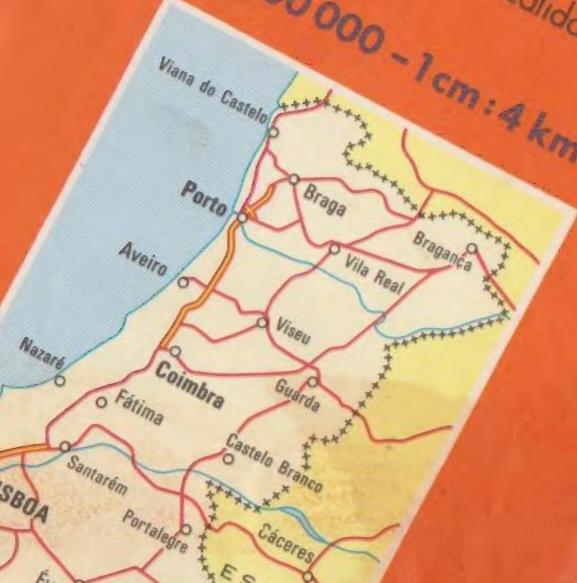


# Portugal

## Madeira

Repertório das localidades

1/400 000 - 1cm:4 km



PORTUGAL BIKE TOUR  
1992  
STEVE & NEA

MAY 23RD - JUNE 14TH

SCANDINAVIAN

CANADIAN

AIR SAN JU



BOXING OUR BIKES FOR THE PLANE WAS  
NO PROBLEM. SAS DOESN'T PROVIDE BOXES,  
BUT KEN'S BAGGAGE SOLD US TWO RECYCLED  
BOXES FOR \$5 EACH. WE GOT EVERYTHING  
BOXED OK, BUT FORGOT TO DEFLATE MY  
TIRES BEFORE SEALING THE BOX & SO  
HAD TO OPEN IT BACK UP, AS THE  
DIFFERENCE OF AIR PRESSURE @ 25,000FT  
WOULD PROBABLY HAVE CAUSED THEM TO  
BLOW OUT.

PAB  
CREW  
TRAVEL  
HOUSE  
TICKET  
TOXIC/S

FREERHEEL TOOL & VISE

L-Y WRENCHES - SOCKET & ALLEN  
LONG 5mm ALLEN

SWISS ARMY KNIFE

SPARE TUBE(S)

SPARE TIRE

PATCH KIT, LEVERS

SPKE WRENCH

CHAIN RIVET REMOVER

14mm PEARL WRENCH

DERAILLEUR/BRAKE CABLE

SPKE NIPPLES, CHAIN LINKS, BOLTS, ETC...

CHAIN LUBE

MORSE MISC

CAMERAS

GAP

EMERGENCY PHONE #'S, ETC...

RESOES

ALLOTAN

(SPREADER), SPOON

BUTTER

SH, PAPER

PLIERS

SAN-CRESCENT

SEAT POST BOLT

BOTH SEIS BIKE LOCKS

TOILET PAPER

PAPERBACK BOOK

KORN STARCH

TRAIL POUCH

SPoon

GUIDEBOOKS

MISCELLANEOUS

✓ SEWING KIT -

✓ BUTTONS, THREAD, NEEDLE, PINS

✓ CORKSCREW

② RACK STRAP

✓ FLATTENED ROLL OF PACKAGING TAPE

✓ WIDE TIP MAGIC MARKER

✓ PEN (1 PENCIL?)

✓ SUNGLASSES, CHUMS

✓ BANDANA

✓ DUCT TAPE

CLOTHES

✓ ARM WARMERS

✓ WOOL SOCKS (1 PR)

✓ COTTON SOCKS (2 PR)

✓ SHORTS, CYCLING (2 PR)

✓ SHORTS (1 PR)

✓ T-SHIRT (1)

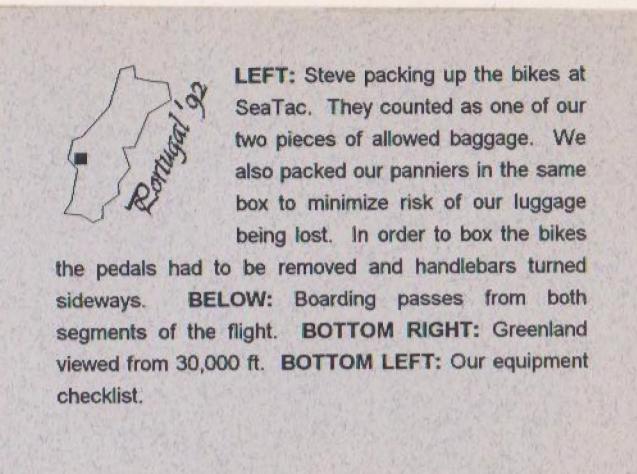
✓ LONG PANTS (1)

✓ CAP (1)

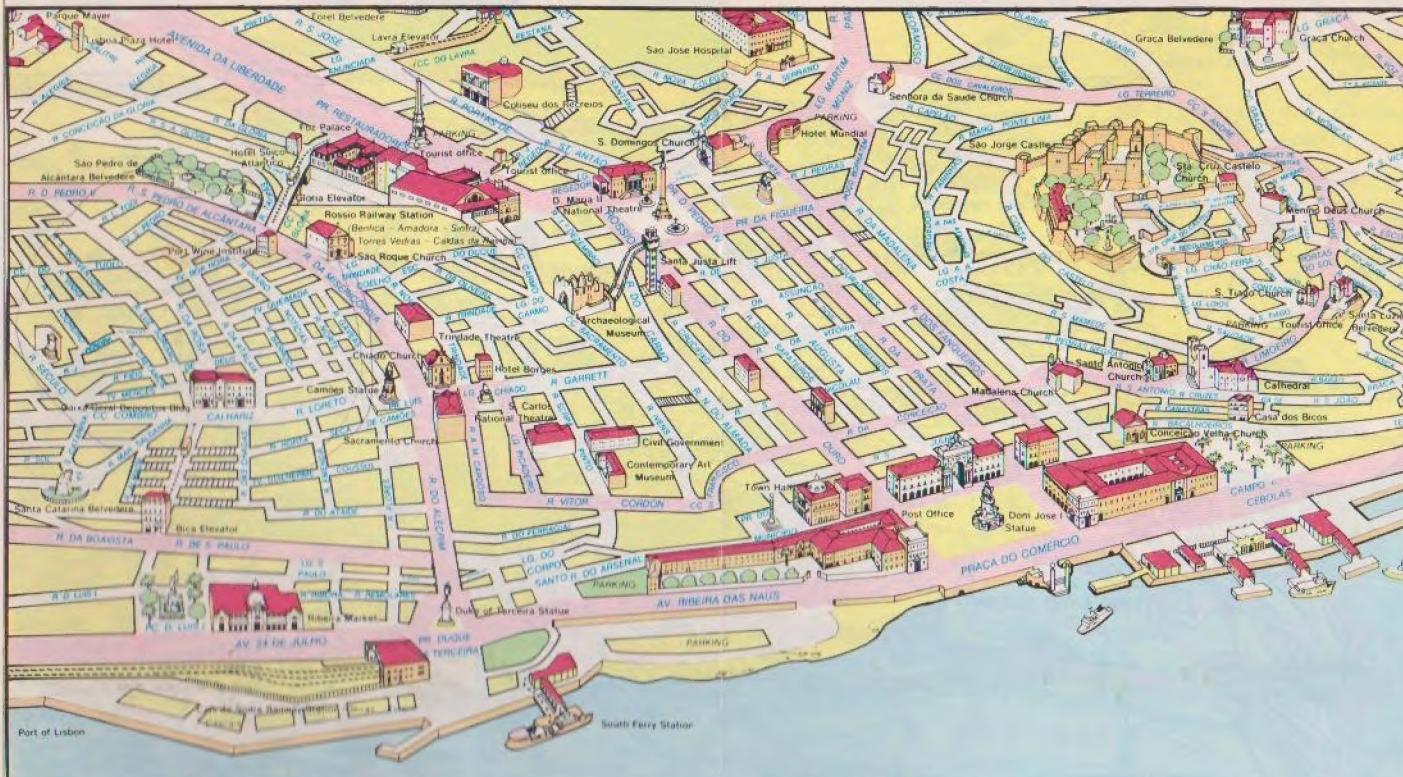
✓ RAIN -

LEFT: Steve packing up the bikes at SeaTac. They counted as one of our two pieces of allowed baggage. We also packed our panniers in the same box to minimize risk of our luggage being lost. In order to box the bikes

the pedals had to be removed and handlebars turned sideways. BELOW: Boarding passes from both segments of the flight. BOTTOM RIGHT: Greenland viewed from 30,000 ft. BOTTOM LEFT: Our equipment checklist.



# Old Lisbon



WE TURNED A FEW HEADS WHEN WE ARRIVED IN LISBON THIS AFTERNOON. ONE GIRL EVEN COMMENTED THAT WE WERE BRAVE FOR RIDING THE CITY STREETS. WE HAD TO AGREE, WITH THE CRAZY DRIVING & TONS OF POTHOLEs.



**ABOVE:** Clothes drying from a balcony in Lisbon's Bairro Alto neighborhood. A lack of laundromats meant we would wash our clothes by hand for the next three weeks. **ABOVE RIGHT:** The Alfama, Lisbon's medieval quarter. **RIGHT:** Wrought iron balconies and roll-up shutters. The shutters are designed to let in air and light when closed, but could be shut tight to block light and noise.





**TOP LEFT:** Praça da Figueira - statue of Dom João (King John) with Castelo São Jorge (St. George's Castle) in background. **TOP RIGHT:** View down Rua Augusta of arch leading to Praça do Comércio and statue of Dom José I. **MIDDLE LEFT:** Turn-of-the-century-vintage trolley car. Many advertised American products, mostly toothpaste and toiletries. **MIDDLE RIGHT:** Cable car connecting Praça do Restauradores with the Bairra Alta. **BOTTOM LEFT:** Abandoned delivery bike. **BOTTOM RIGHT:** Row of trees with purple flowers - we never did find out what they are called.



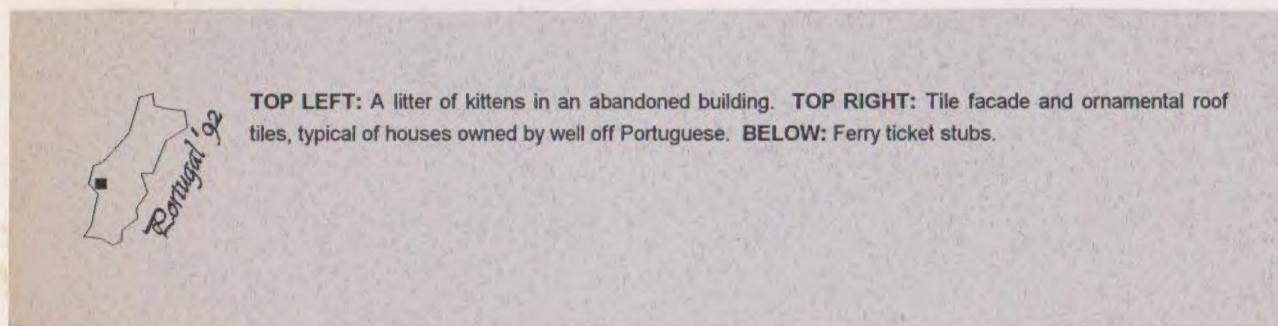
TOP: Building on Praça Alegria, across from our Pensão. BOTTOM: Alea in our room at Pensão Alegria, our first night's accommodation in Portugal.



THE PENSÃO WAS A REAL PAIN LAST NIGHT. THE BEDS WERE COMFORTABLE & THE TEMPERATURE WAS QUITE PLEASANT, BUT IT WAS VERY NOISY. IT LOOKED AS THOUGH WE WERE ON A QUIET LITTLE PRAGA, BUT IT TURNED OUT TO BE ONE OF THE MAIN THOROUGHFARES FROM THE BAIRRO ALTA. ADDED TO THE TRAFFIC NOISE WAS THE FACT THAT WE WERE RIGHT NEXT TO THE POLICE STATION & THE OFFICERS LIKED TO STAND OUTSIDE THE STATION & TALK VERY LOUDLY.



TOP LEFT: A litter of kittens in an abandoned building. TOP RIGHT: Tile facade and ornamental roof tiles, typical of houses owned by well off Portuguese. BELOW: Ferry ticket stubs.



## Lisbon Coast

WE'RE ON THE FERRY TO MONTijo - FOR SOME REASON WE WERE GIVEN FOUR TICKETS EACH, ALL WITH DIFFERENT DENOMINATIONS, WHICH CAME TO ABOUT 78 FOR BOTH OF US. WHILE AT THE TICKET WINDOW TWO GUYS CAME UP TO ME WANTING TO SELL US HASHISH & GOLD. THEY WERE REALLY INTENT ON MY WALLET AS I BOUGHT THE TICKETS - THEIR FACES WERE NO MORE THAN 6" AWAY WHILE I WAS PAYING. CHANCES ARE THEY WERE GOING TO TRY TO GRAB IT & RUN, BUT WE WERE CAREFUL TO NOT HAVE MORE MONEY THAN WE NEEDED VISIBLE. IT SEEMS TO HAVE BEEN A GOOD STRATEGY. WE'RE GLAD TO LEAVE THE HUSTLE OF LISBAN BEHIND US.

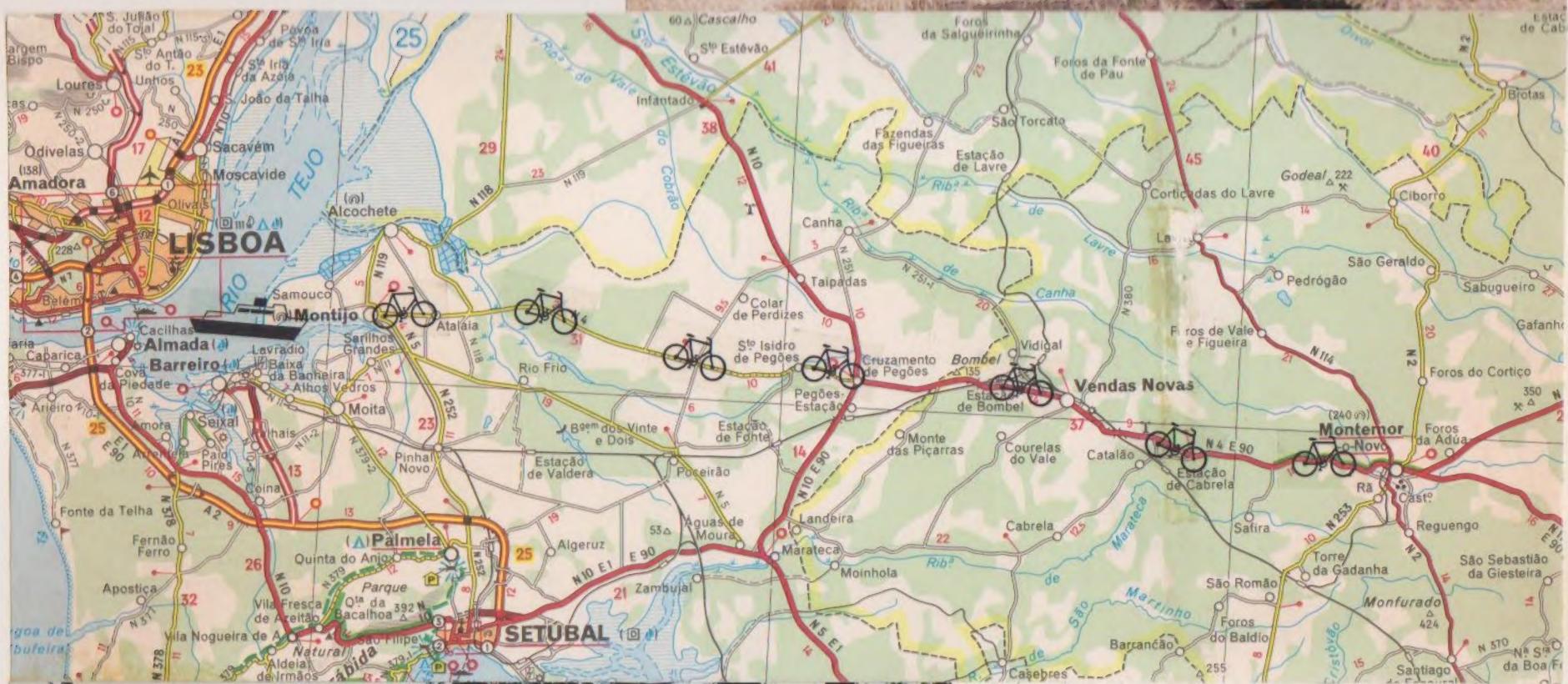




**TOP:** Cork Oak trees with bark recently stripped. Cork comes from these trees, which are stripped every 8-10 years. Portugal produces more than half of the world's cork.

**BOTTOM:** Cork factory with bark stacked outside.

Today was pretty uneventful as the majority of towns we passed through were quite small. But there were a few anxiety provoking moments. Like when my saddle broke. It happened as I lifted my bike up while stopping to buy food.

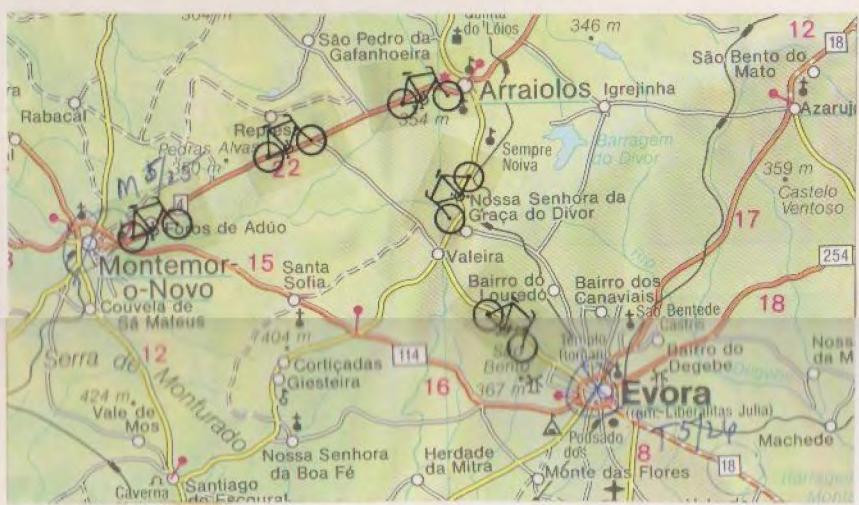


Another anxiety producing moment happened today when I pulled the camera out of the bag & found the zoom lens hanging on by a thread. All the bungee cords on rustic roads loosened it. Luckily I didn't pick it up quickly & drop the lens. It turned out to be lucky this happened, as the mounting flange was bent slightly & the lens mounts very snugly & doesn't shake loose.

# Montemor-O-Novo



TOP RIGHT: View of Montemor-O-Novo from Castle ramparts. TOP LEFT: View of Montemor-O-Novo Castle ruins. MIDDLE: O Rudolf's, a particularly good and reasonably priced restaurant serving regional foods. BOTTOM LEFT & RIGHT: Views of the countryside from Castle ramparts. Note the numerous olive groves.



 **TOP LEFT:** A modern wheat farm. **TOP RIGHT:** Field of lupines (purple flowers that are common in many parts of the world). **MIDDLE:** Public fountain at Arraiolos, a town famous for making knotted wool carpets. The trough is for watering animals, mainly donkeys, while people would drink from where the water comes out of the wall (note steps behind trough). Behind the wall is a huge tub for clothes washing. **BOTTOM:** A 15km (9 mph) speed limit for bikes on a 10% grade! We were lucky to do six mph when it would flatten out a bit.



**TOP LEFT:** At first we didn't know what in the world this was, though it looked quite interesting. After following it for a while we saw that it was part of the Aqueduct (pictures below) that brings water to Evora. **TOP RIGHT:** A rather nice roadside shrine, a common site in many parts of Portugal. **MIDDLE & BOTTOM:** Evora Aqueduct. Note minaret in leftmost arch of middle picture. Much of Evora's architecture was influenced by Moorish conquerors.



WE MANAGED TO DO MOST OF THE RECOMMENDED WALKING TOUR AROUND ÉVORA. PROBABLY THE MOST INTERESTING THING WE SAW WERE HOUSES BUILT BETWEEN THE ARCHES OF THE AQUEDUCT. WE ALSO VISITED THE Sé (CATHEDRAL) WHICH WAS VERY INTERESTING, BUT WE CANNOT STAY LONG BECAUSE THEY WERE TURNING THE ORGAN & THE LONG HIGH NOTES WERE PAINFUL TO SAY THE LEAST.

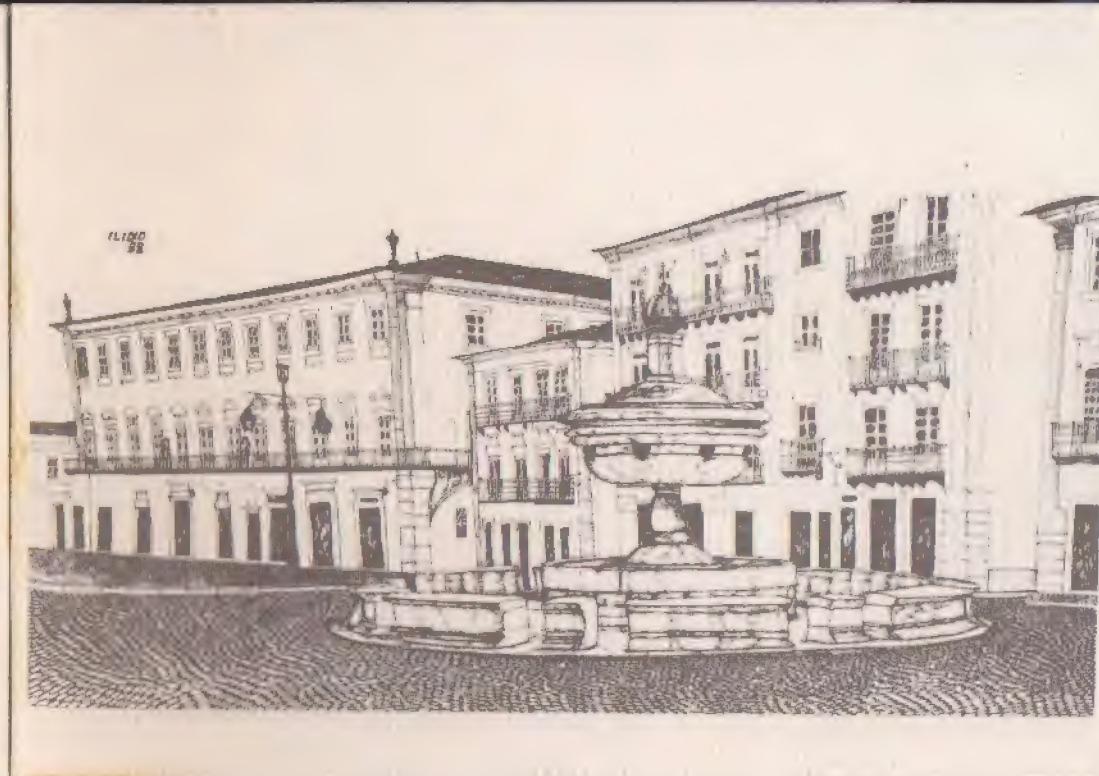


TOP: Cover of tourist brochure of Evora, Portugal's City of Monuments. The brochure included a series of walking tour maps which were excellent. MIDDLE: The Sé (Cathedral), one of the few religious buildings we toured while in Portugal. BOTTOM LEFT: The view up Rua dos Mercadores from our room on the fifth floor (no elevator) of Pensão Giraldo. BOTTOM RIGHT: More of our favorite unnamed trees with purple flowers.



**TOP LEFT:** Flyer for Queima '92, a festa in progress during our stay in Evora. **TOP RIGHT:** Evora street scene. **BOTTOM RIGHT:** Temple of Diana, built by the Romans in 2nd Century B.C.





TOP LEFT: Porta da Moura with Cathedral tower in background. TOP RIGHT: An interesting Moorish window. BOTTOM RIGHT: Church at end of Praça Giraldo. BOTTOM LEFT: Post card of fountain in Praça Giraldo.

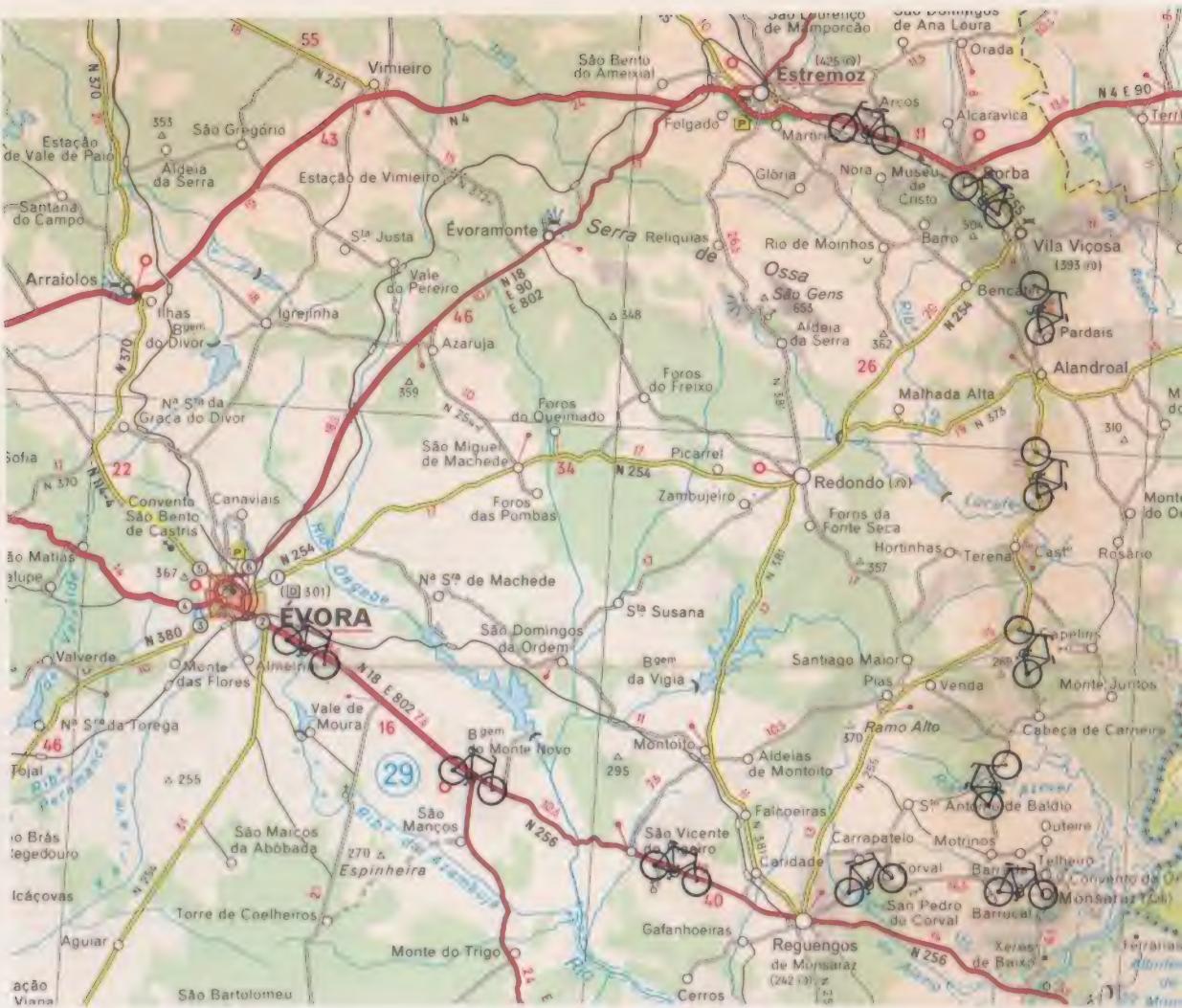


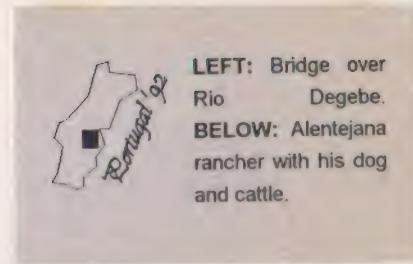




OPPOSITE PAGE -  
TOP LEFT: Houses built in the arches of the Aqueduct. TOP  
RIGHT: Convent window. MIDDLE  
RIGHT: Gate leading to Largo dos  
Colegias. BOTTOM LEFT: More  
houses built into the Aqueduct. BOTTOM RIGHT: Post  
card depicting the arches of Travessa da Caraca.

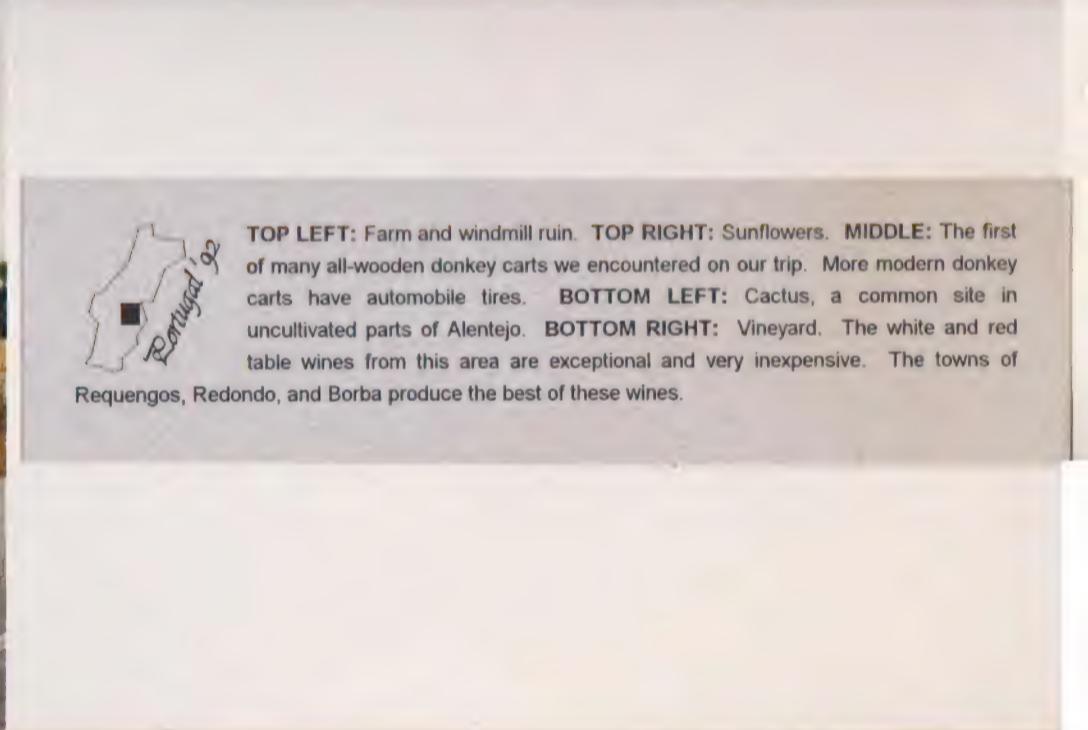
THIS PAGE -  
BELOW: Old granaries amid Alentejo wheat fields.





LEFT: Bridge over  
Rio Degebe.  
BELOW: Alentejana  
rancher with his dog  
and cattle.







ABOVE: An interesting farm viewed from the road leading up to Monsaraz. LEFT: Olive trees and wheat field. Notice how the boulders were moved to clear room for the wheat. I wonder if the boulders were grouped around the olive trees or if the olive trees sprouted or were planted among the boulders.



TOP: Monsaraz, a very beautiful medieval fortified town. MIDDLE:  
View of Monsaraz from one of the Castle keeps. BOTTOM RIGHT:  
The oldest soccer stadium in Portugal (or perhaps a bull ring).  
BOTTOM LEFT: Alea, on the main street in town.



Monsaraz





OPPOSITE PAGE -

One of many views down steep side streets of the valley below.

THIS PAGE -

**TOP LEFT:** A sleepy resident. **TOP RIGHT:** A stone cross with a hole sized to accomodate a musket barrel. **MIDDLE RIGHT:** Another side street, with a nice Bougainvillea in bloom. **MIDDLE LEFT:**

**LEFT:** View of marble monuments of the town cemetery. **BOTTOM:** Few tourists take the detour to Monsaraz.





**TOP LEFT:** A motorbike, a common sight on rural roads. They typically sputtered up hills at about twenty miles an hour and would more often than not coast down hills. Amazingly we didn't notice any wrecked at the bottom of cliffs. **MIDDLE LEFT:** View outside the main gate of Monsaraz. **MIDDLE RIGHT:** Standard hygenic facilities in rural Portugal. Bring your own paper - most are only equipped with a small sink outside of the toilet (for washing your left hand). **BOTTOM:** A dry river bed (Ribeira de Azevel).



RIGHT: The fortified town of Terena. BELOW:  
Alea, somewhere near Vila Vicosa after several  
hours of heat & wind.





TOP LEFT: The Knot Gate, part of Vila Viçosa's old fortifications.  
TOP RIGHT: The Ducal Palace, with a statue of João IV in the foreground. MIDDLE: Vila Viçosa's Largo as seen from one of the Castle gates. BELOW: An interesting "goose house."

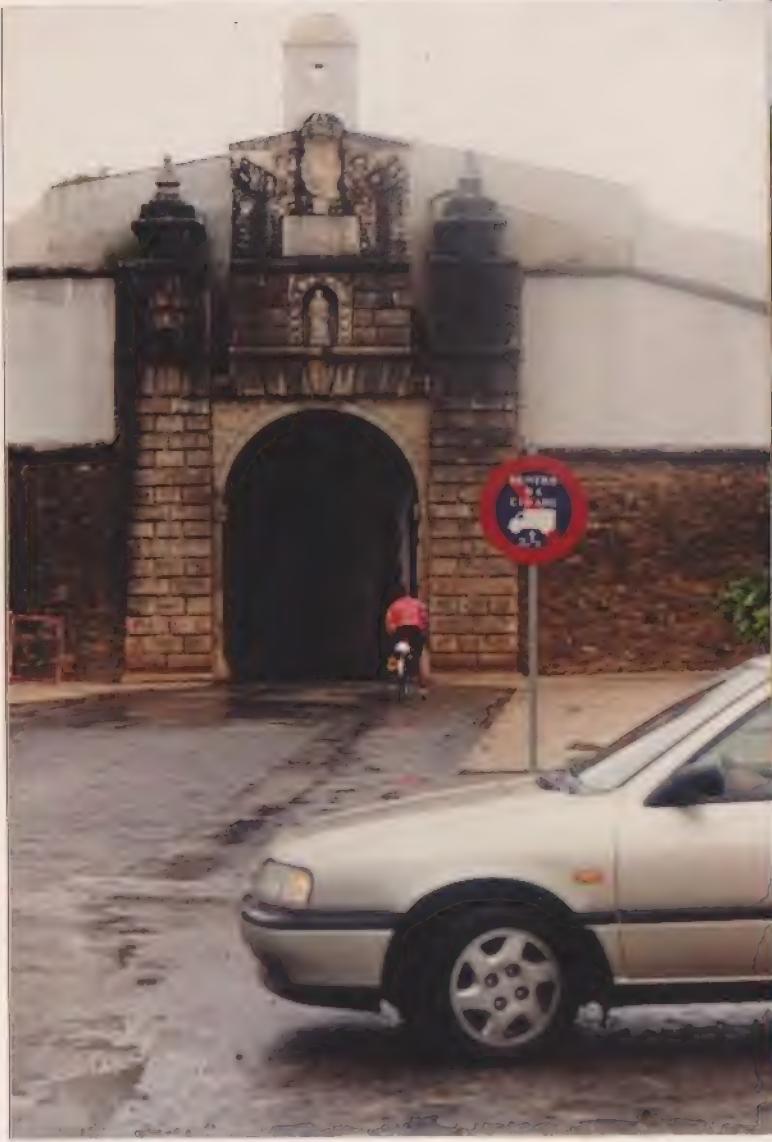
# Vila Viçosa





# Estremoz

TOP: Piles of quarried marble near Borba. MIDDLE: Marble quarry.  
BOTTOM RIGHT: Trying to sit out the rain under a bandstand in  
Borba. BOTTOM LEFT: Gate into Estremoz.



IT HAS RAINED ALMOST CONSTANTLY TODAY. WE HAD PLANNED TO GO TO PORTALEGRE TODAY, BUT GAVE UP AT ESTREMOZ AS OUR PAINTERS WERE SOAKED & THE CAMERA GOT WET & ACTED LIKE IT WAS GETTING STRESSED OUT.



**TOP:** The bill from dinner in Estremoz. The owner was very friendly and was so pleased that we had tried to speak Portuguese that he gave us a few lessons after dinner. **BETWEEN:** Azulejos tiles at the Estremoz train station. Azulejos are typically blue and yellow tiles that depict scenes of Portugal, particularly farming and market scenes. **MIDDLE RIGHT:** Tag from a woolen blanket that we purchased in Estremoz. It was made in Monsaraz, the only place in Portugal that makes such blankets. We had tried buying one while in Monsaraz, but the weavers wouldn't sell their all wool blankets to us for reasons known only to themselves.



1 Doré	800-
1 Frango	650
1 Porco	300
Pao e mortaço	200- 1/2 kg - 100-
2 brotos	120-
2 latas	90-
	<hr/>
	2.160-

Nos  
Nos  
Soros  
Estremoz

- Maximo  
- Maximino





*2*  
**BELow:** View from train platform at Estremoz, plus train and baggage tickets. The baggage tickets had been glued to our bike saddles with rubber cement.



WE'RE ON OUR WAY TO MARVÃO.  
IT'S RAINING EVEN HARDER TODAY, SO WE  
DECIDED TO SKIP PORTALEGRE. WE  
THOUGHT WE WOULD BE ON SOME  
SORT OF INTERREGIONAL TRAIN CALLED  
AN AUTOCARRO, BUT THAT TURNED  
OUT TO BE PORTUGUESE FOR BUS.  
WE WERE AMAZED THAT THE REAR  
LUGGAGE COMPARTMENT WAS SMALLER  
THAN AMPLE ENOUGH FOR BOTH  
OUR BIKES. (GUESS WHAT? — THE  
ROAD IS BUMPY.)



**Ticket 1:** Matosinhos - Vilar de Boticas

Category: N (Natural)

Class: 2

Válido até: 2004

**Ticket 2:** Matosinhos - Vilar de Boticas

Category: A (A) Qualität

Class: 2

Válido até: 2004

**Ticket 3:** Matosinhos - Vilar de Boticas

Category: V (V) Qualität

Class: 2

Válido até: 2004



TOP: Alea on the train to Beira.  
MIDDLE LEFT: Farm with thatched utility buildings amongst olive trees. MIDDLE  
RIGHT: Dry stone walls and shaded lanes. BOTTOM, LEFT & RIGHT: Steve  
and Alea on our way up to Marvao Castle.





RIGHT: Field of wildflowers.  
BELOW: Two brightly painted  
donkey carts.





**THIS PAGE -**

**ABOVE:** Portuguese wildlife. **LEFT:** Public fountain. Notice the wash stones that surround the tub in the background. It is easy to imagine the women gathering to share the news while washing the clothes.

**OPPOSITE PAGE -**

**TOP LEFT:** Main gate to Marvao. **TOP & MIDDLE RIGHT:** Street scenes. **MIDDLE LEFT:** Igreja da Nossa Senhora da Estrela (Church of Our Lady of the Star). **BOTTOM:** Alea posing in the fog. Note the very small doorway to the right.



# MARVÃO



s. mamede tourist region  
alto alentejo  
portugal





**THIS PAGE -**

Views of the ramparts of Marvao Castle in the fog.

**OPPOSITE PAGE -**

**TOP LEFT:** Altar of chapel used as the Municipal Museum of Marvao. **TOP RIGHT:** Entry tickets. **BOTTOM:** Two views of what Marvao should have looked like

if not for the drizzle and fog. The views were supposed to be extensive, but all we could see was the inside of a couple of clouds.

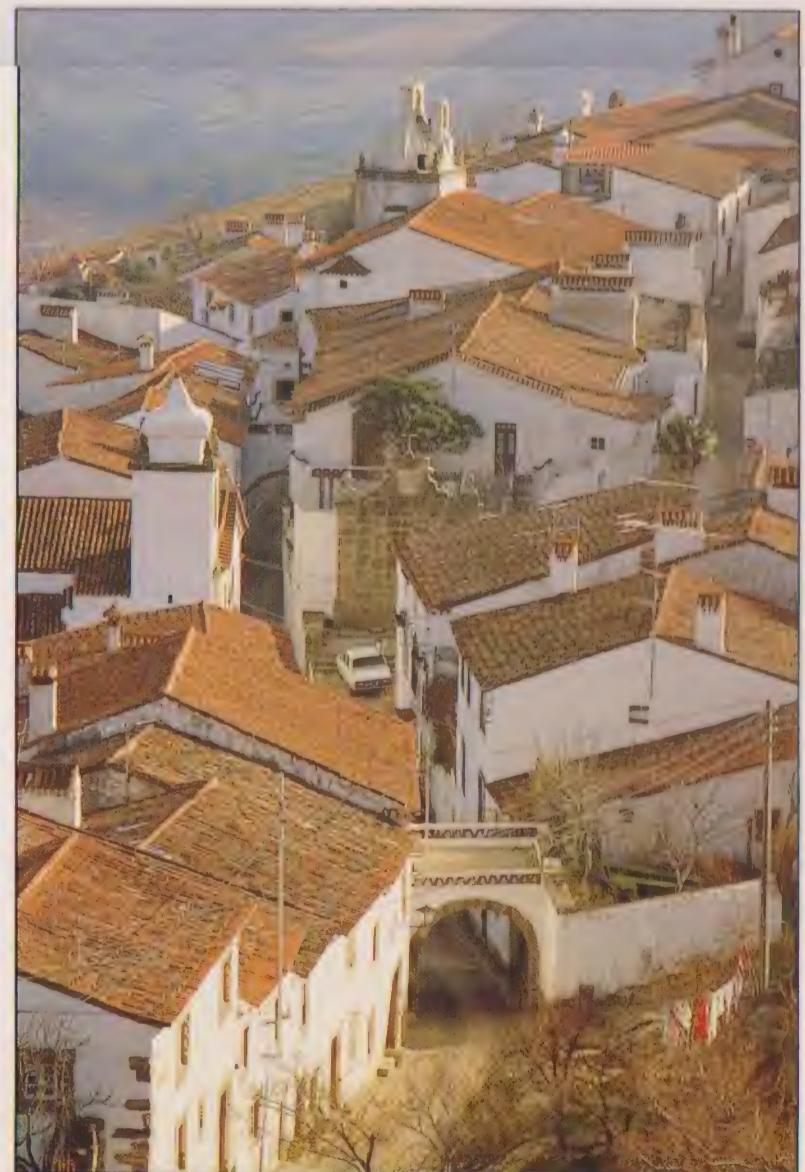




(IVA — Isento - N.º 14 do Art.º 9)

«Na Igreja de Santa Maria, cuja fundação remonta ao Séc. XIII, foi inaugurado no dia 7 de Novembro de 1987 o Museu Municipal de Marvão que possui os seguintes núcleos:

Arqueologia, Epigrafia, Arte Sacra, Etnografia, Armaria e Exposições Temporárias».



# CASTELO DE VIDE



s. mamede tourist region  
alto alentejo

portugal



THIS PAGE -  
BELOW: Fonte da Vila.

OPPOSITE PAGE:

TOP: Flowered street of Castelo de Vide's Jewish Quarter, the oldest such quarter in Europe. MIDDLE: Our name for Cantinho Particular, where Steve suffered from food poisoning.

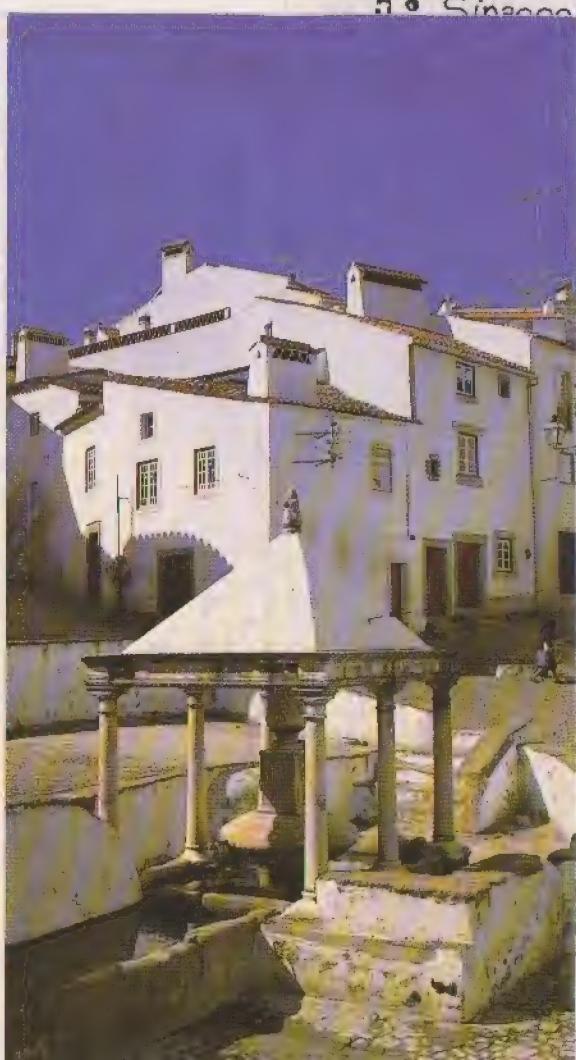
BOTTOM: View from Jewish Quarter. Note the hand-tied sheaves of wheat.

## CASTELO DE VIDE

Lying like the village in a nativity scene on the slopes of Serra de S. Paulo, part of the impressive Serra de S. Mamede, Castelo de Vide beckons the visitor with its charm. It is approached along roads lined with poplars or bordered by fields adorned by mirrors of water.

The town dates back centuries and retains well-preserved relics of many civilisations. It is a fine, living museum which among other riches exhibits the largest collection of Gothic doorways in Portugal, set against a white-washed rose-trimmed background.

The town is a spa and the curing powers of its waters add to the good taste and friendliness of its inhabitants, unrivalled in the virtue of preserving and cultivating beauty.



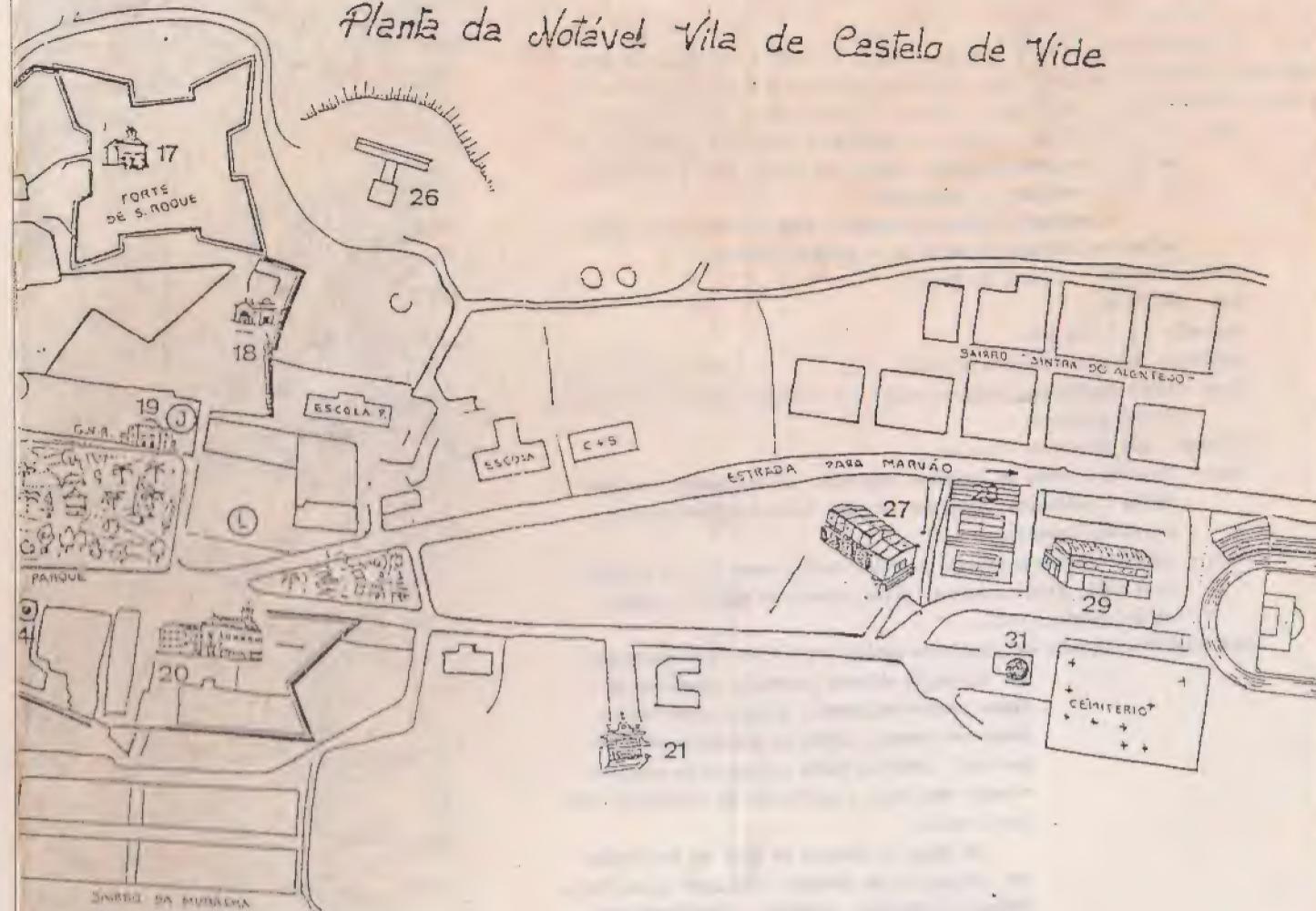
Vila  
S.º Amaro  
S.º João  
Ourives  
Senhora Maria da Devesa

- 1 • Torre de Menagem
- 2 • Igreja de N.º S.º de Alegria
- 3 • Antigos Paços do Concelho
- 4 • Igreja de S. Tiago
- 5 • Sinagoga Medieval

- 13 • Câmara Municipal / Biblioteca / Posto Turismo
- 14 • Praça D. Pedro V
- 15 • Edifício dos C.T.T.
- 16 • Fonte do Monjorinho
- 17 • Igreja de S. Roque
- 18 • Calvário
- 19 • Cine-Teatro
- 20 • Convento de S. Francisco
- 21 • Fonte da Meia-heda
- 22 • Mercado
- 23 • Bombeiros
- 24 • Casa do Povo

WE TRIED EATING DINNER AT THE RESIDENCIAL TONITE, BUT AREA WASN'T FEELING WELL & HARDLY TOUCHED HER MEAL BEFORE GOING UPSTAIRS TO BED. & WE HAD ORDERED SOME STANDARD ENTREES PLUS AN "APERITIVO" OF A SKINNY PORTUGUESE SAUSAGE. WITH AREA NOT FEELING WELL, I GOT STUCK EATING ALL OF IT...

# Planta da Notável Vila de Castelo de Vide



E.A.C.V. - 1982

## infra-estruturas

- 25 • Hospital de Misericórdia
- 26 • Campo de Tiro
- 27 • Piscina
- 28 • Campos de Ténis
- 29 • Pavilhão Gimnodesportivo
- 30 • Campo de Futebol
- 31 • N.º 5? das Remédios
- 32 • Igreja de S. José
- 33 • Igreja de S. António
- 34 • Sede do Grupo de Arqueologia e da Banda União Artística

- A • CASA JANECO
- B • RESTAURANTE / DISCOTECA CANAPE
- C • RESIDENCIAL S. JOSÉ
- D • RESTAURANTE / DISCOTECA D. PEDRO V
- E • CANTINHO PARTICULAR
- F • "OS AMIGOS"
- G • ESTALAGEM S. PAULO
- H • ALBERGARIA JARDIM
- I • RESIDENCIAL XINXEL
- J • CASA DO PARQUE
- L • HOTEL SOL E S
- M • CHURRASCO



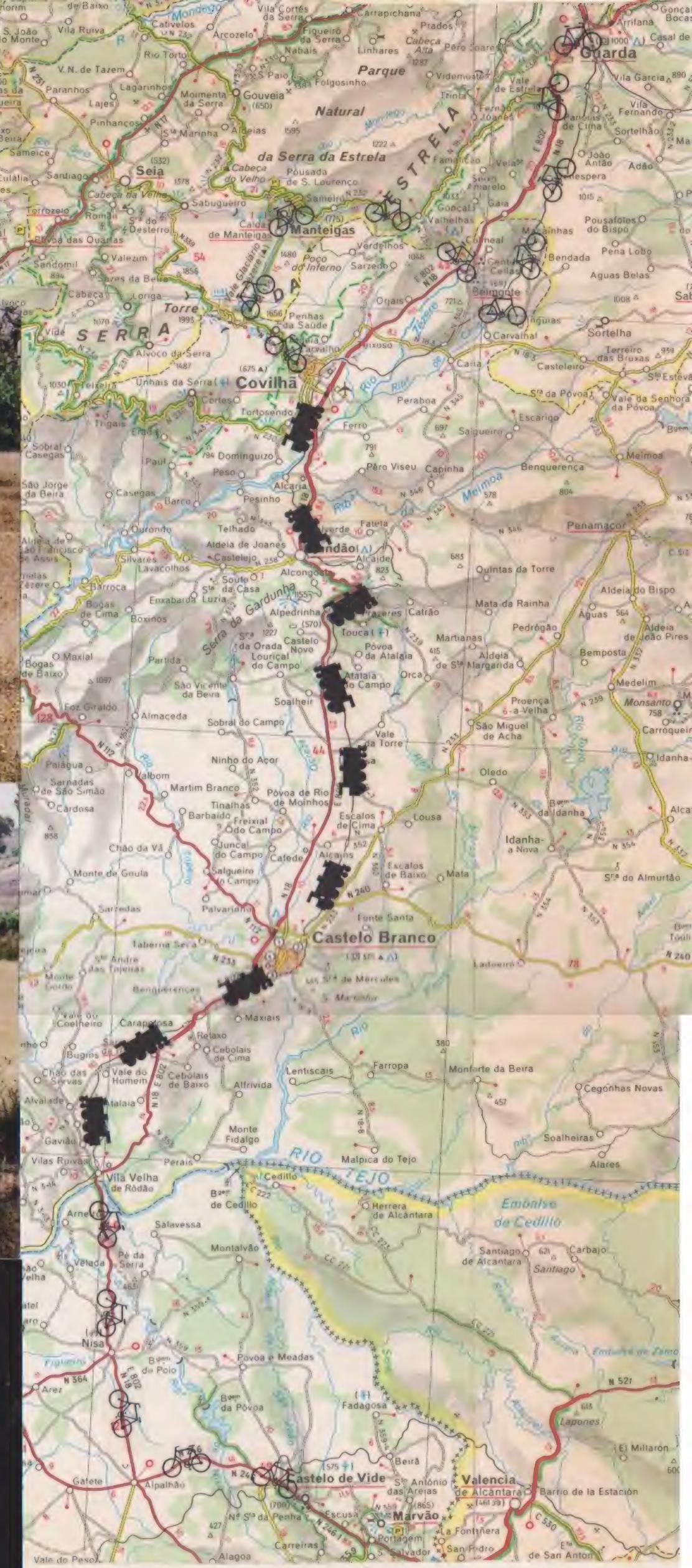
IT'S BEEN A WHILE SINCE I've written in the journal. Back in Castelo de Vide Alea was the one that went bad sick, but it was my turn shortly thereafter. I got up with the sun & started "Yank for Roy" (Barfing) about midnight again at 2am.

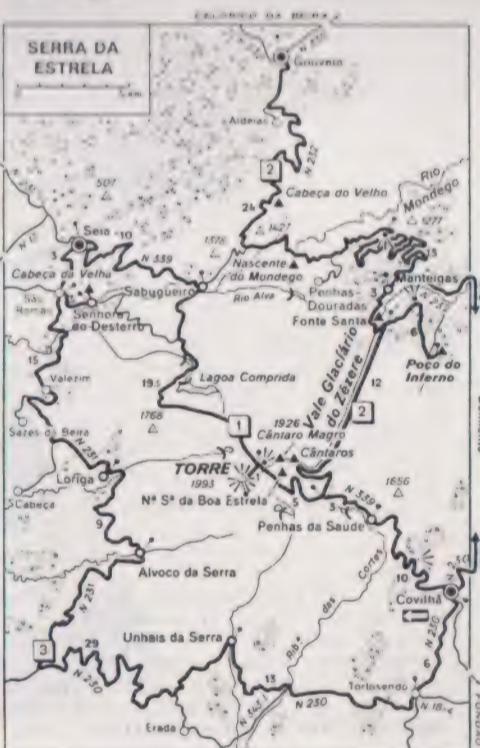
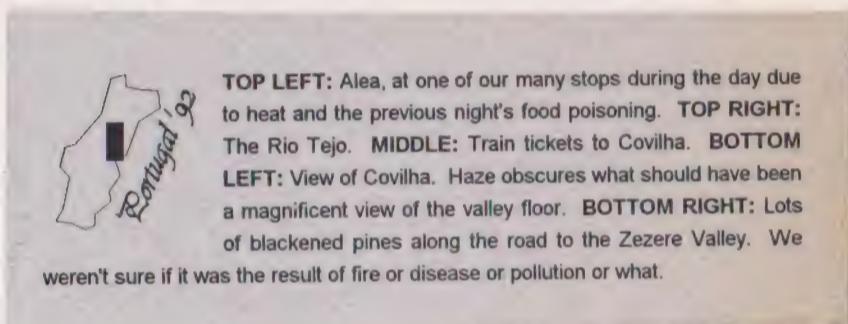
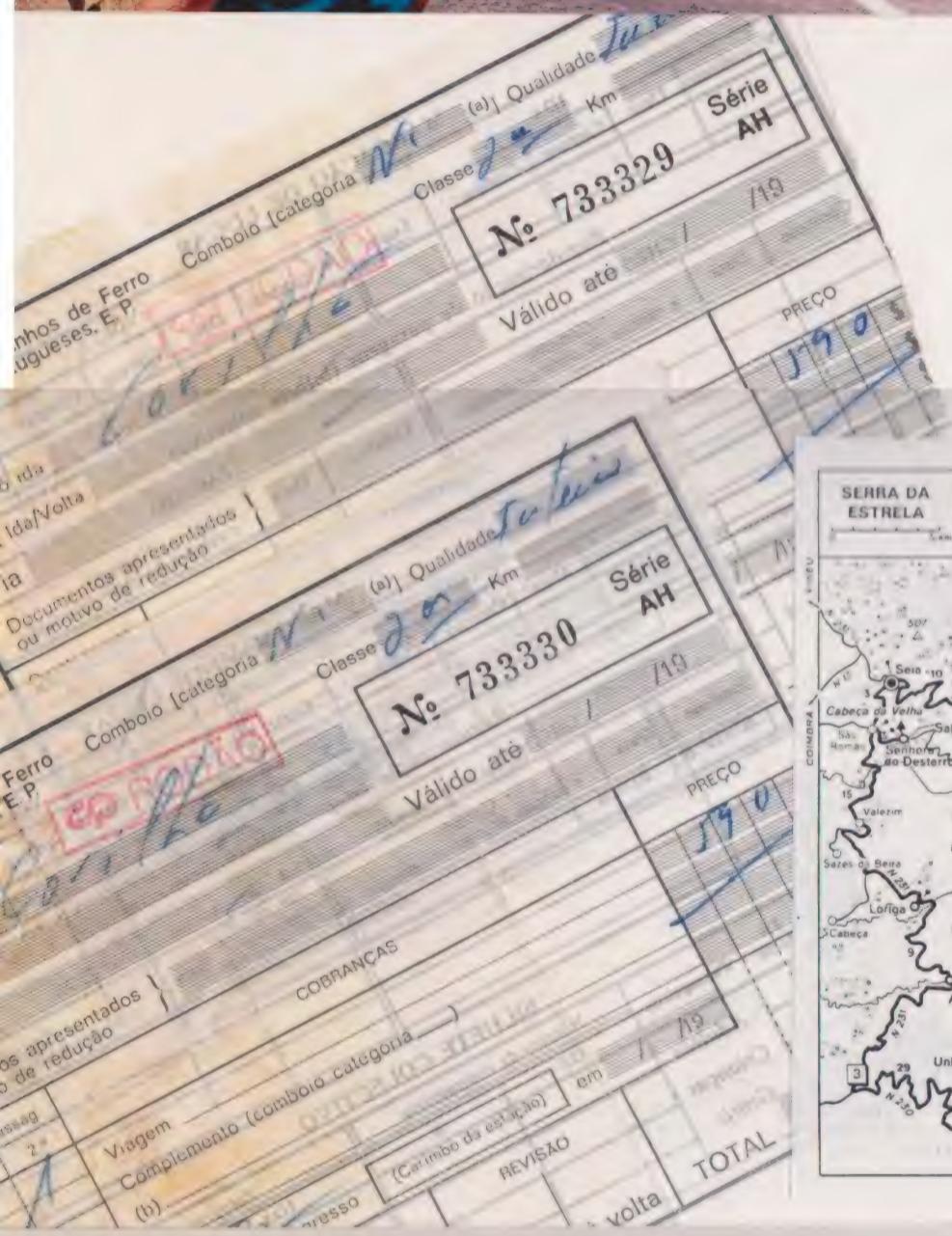




THIS PAGE -  
**TOP LEFT:** Street scene in the Jewish Quarter. **TOP RIGHT:** View of town from the Castle (Marvao is on a peak in the distance). **MIDDLE:** Altar of oldest synagogue in Europe. **BOTTOM:** View of Nossa Senhora da Estrela (Our Lady of the Star) across the valley from Castelo de Vide.  
**OPPOSITE PAGE -**  
**TOP:** Field for yellow wildflowers. **MIDDLE:** Herd of sheep. **BOTTOM:** Even the Portuguese ride bikes if the terrain is fairly level.







WE LEFT COVILHA THIS MORNING HOPING FOR SPECTACULAR VIEWS AS WE CLIMBED THE MOUNTAINSIDE. BUT THE VALLEY WAS FILLED WITH HAZE OR WE WERE IN THE CLOUDS MOST OF THE MORNING. THE LACK OF PANORAMIC VIEWS PLUS THE LARGE NUMBER OF DEAD TREES ALONG THE WAY HAD US WONDERING IF GOING THIS WAY WAS WORTH IT. THE GRADE AVERAGED AROUND 12% FOR NINE MILES & TOOK US 3 HOURS TO CLIMB.





TOP: A flat stretch of road that we thought was the summit, but we weren't even close. MIDDLE LEFT: Sheep herd. MIDDLE RIGHT: Landscape at summit. BOTTOM LEFT: Heather. BOTTOM RIGHT: Heather, with Serra da Estrela in background.





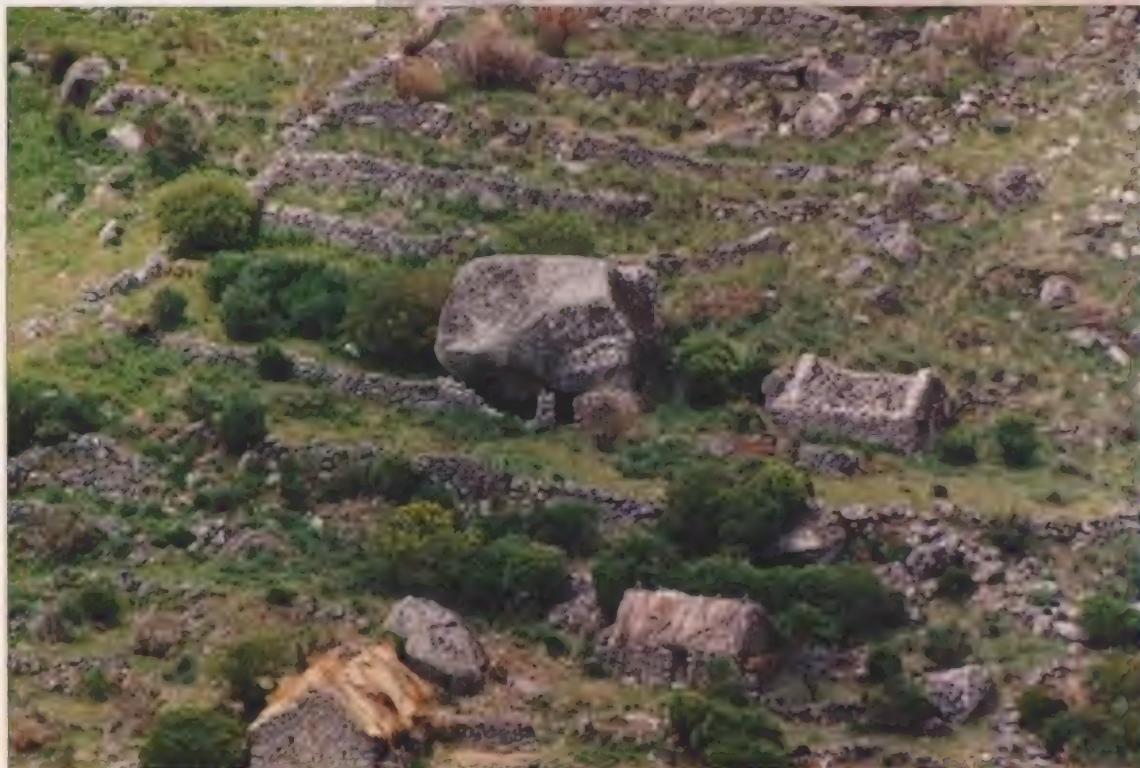
THE WEATHER BROKE & SUN STARTED SHINING AS WE BEGAN OUR DESCENT INTO THE ZEZERE VALLEY ABOUT MIDDAY. OUR MORNING CLIMB TURNED OUT TO BE WORTHWHILE AFTER ALL.

ADDING TO THE SPECTACULAR VIEWS WERE CHORUSES OF GOAT BELLS THAT SOUNDED LIKE GIANT WIND CHIMES.



TOP: Zézere Valley. MIDDLE LEFT: Rio Zézere. Goats are barely visible in foreground. MIDDLE RIGHT: Cascade. A souvenir vendor set up shop in front of it (though it was several miles from town and there was little room for cars to stop). BELOW: Shepherd huts with granite walls and thatched roofs.

# Zézere Valley





Map of Portugal with a box indicating the location of the photos. The box contains the following text:

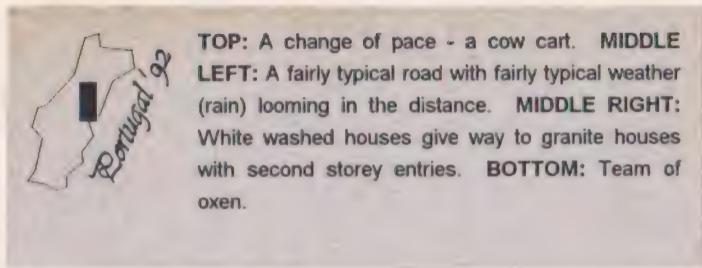
TOP: View of Torre, the highest peak in Portugal. MIDDLE LEFT: More shepherd huts. MIDDLE RIGHT: Alea descending to Manteigas. The downhill was long enough that our hands were getting tired from braking a little more than half way down. BOTTOM: Another shepherd hut.





TOP RIGHT: Rio Zezere. TOP LEFT: Midday traffic in Manteigas. MIDDLE: Walkways alongside stream going through the middle of Manteigas. BOTTOM: View of Manteigas.

*Manteigas*



WE HEADED FOR BEIRAIRATE TODAY TO CATCH A TRAIN TO LUSO. WE GOT THERE MORE THAN FOUR HOURS BEFORE DEPARTURE TIME & DECIDED TO HEAD FOR GUARDA, PERHAPS 20 MILES NORTH.

WE WANDERED THROUGH THE COUNTRY-SIDE PASSING THROUGH TOWN AFTER TOWN WHICH DIDN'T SHOW ON OUR MAPS. WE STOPPED AT ONE TOWN & ASKED DIRECTIONS & WERE SENT DOWN A ROAD THAT TURNED INTO A DIRT TRACK. WE COULD SEE THE ROAD WE NEEDED TO BE ON & DECIDED TO TRY TO REACH IT BY GOING DOWN A GIFT PATH. IT ENDED ON A TERRACE & WE CLIMBED DOWN SEVERAL TERRACES & WALKED THROUGH A VINEYARD TO GET BACK ON TRACK.

WE WERE LOST A BIT FURTHER ON, WHEN WE REACHED AN UNSIGNED FIVE-WAY INTERSECTION OF THE TWO ROADS GOING NORTH WE OPTED FOR THE DOWNTHILL ROUTE, FORCING US TO FOLD A STREAM BEFORE FINDING THE ROAD TO GUARDA.

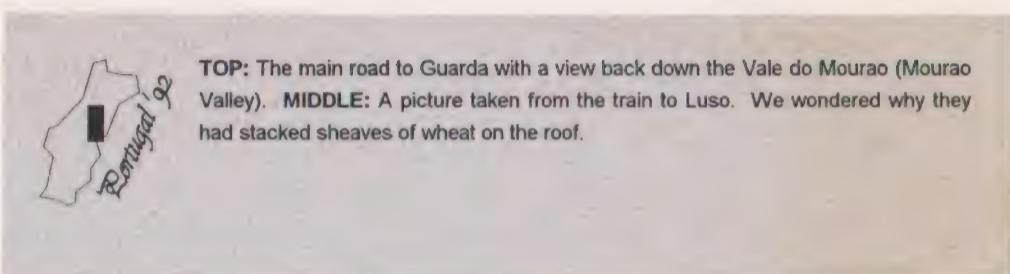


TOP LEFT: Yet another donkey.  
TOP RIGHT: An old mill stone  
put to use as a bench under the  
shade of a tree. BELOW:  
Fording a stream during our  
search for the road to Guarda.





**TOP:** The main road to Guarda with a view back down the Vale do Mourao (Mourao Valley). **MIDDLE:** A picture taken from the train to Luso. We wondered why they had stacked sheaves of wheat on the roof.



N-24 62848

N.º 24 62847

09.06.1992 15:19 0055121

### **BILHETE INDIVIDUAL**

**GUARDA → LUSO-BUCACO**

INTERREGIONAL  
IBA-D1-06-1972

557715

— 248 — 1952C 1952C

APPENDIX

4 00008156005



# PENSÃO ASTÓRIA

Contribuinte N.º 800 968 050

— Telefone 939182 —

N.

14 -B

DR  
Manuel Pereira Lopes

CATEGORIA ★ ★

RUA EMÍDIO NAVARRO / TERMAS — LUSO

LUSO, 3 de Junho de 1992

Ex.mo Sr. Jane Stedentracone

Contribuinte n.º \_\_\_\_\_

QUARTO N.º 217

Mês de JUNHO de 1992

JUNTO

TOTAL

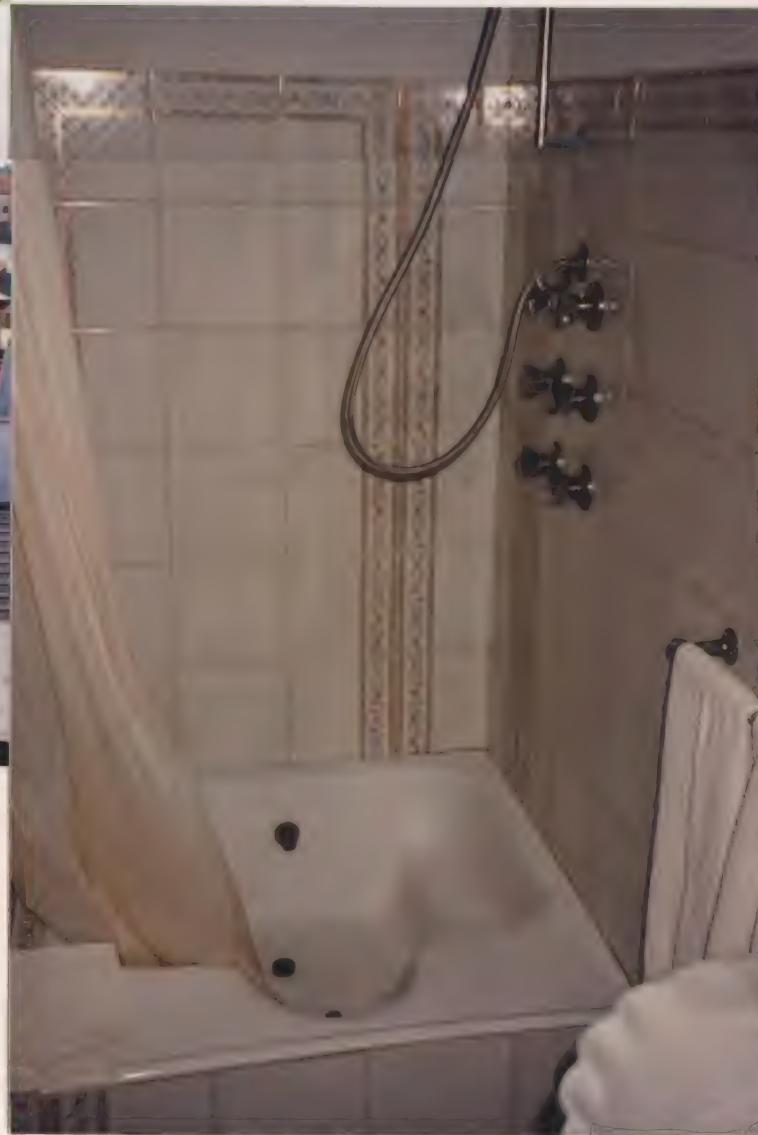
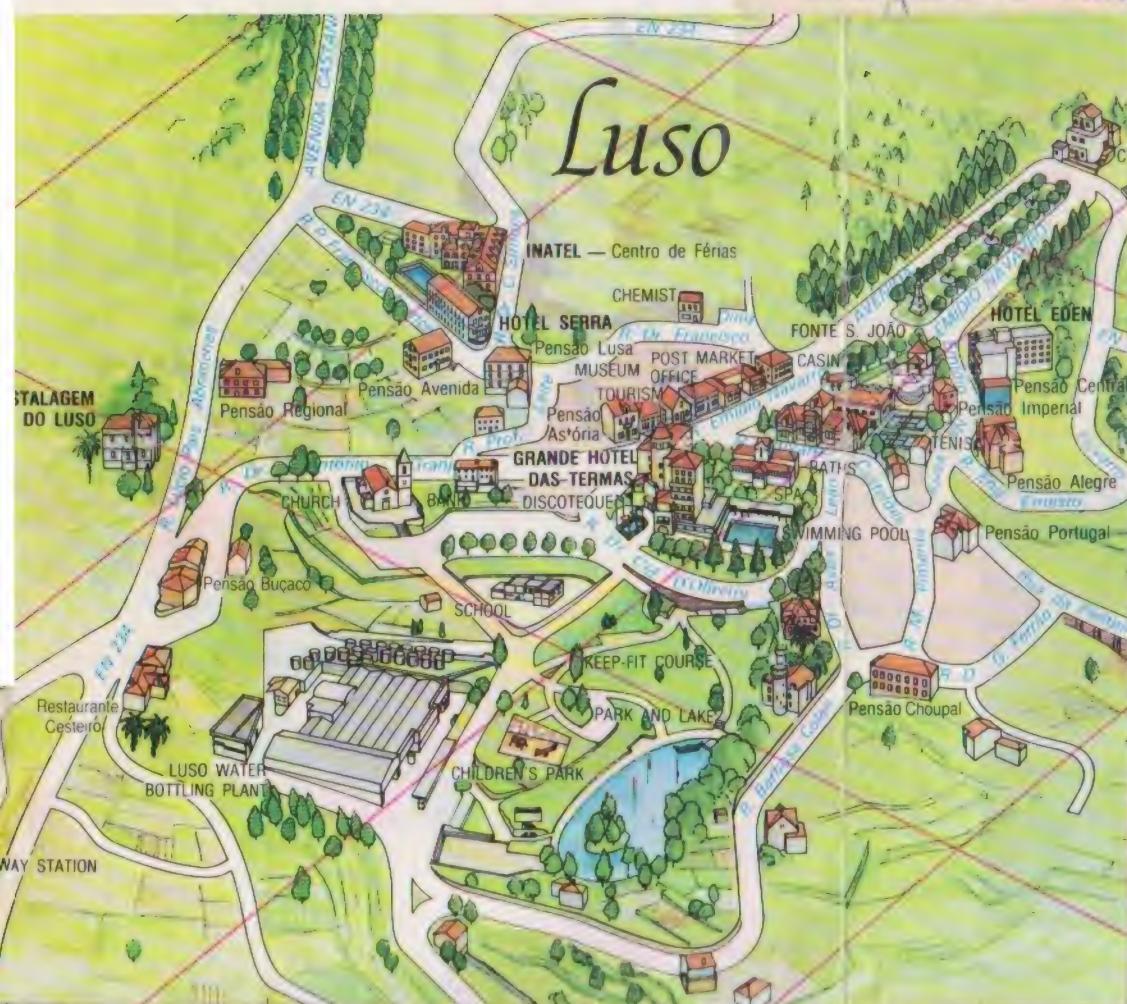
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Desembolsos

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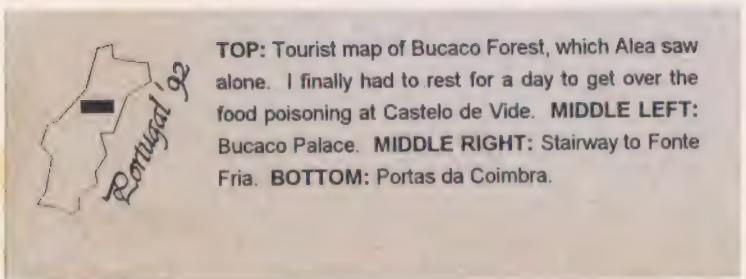
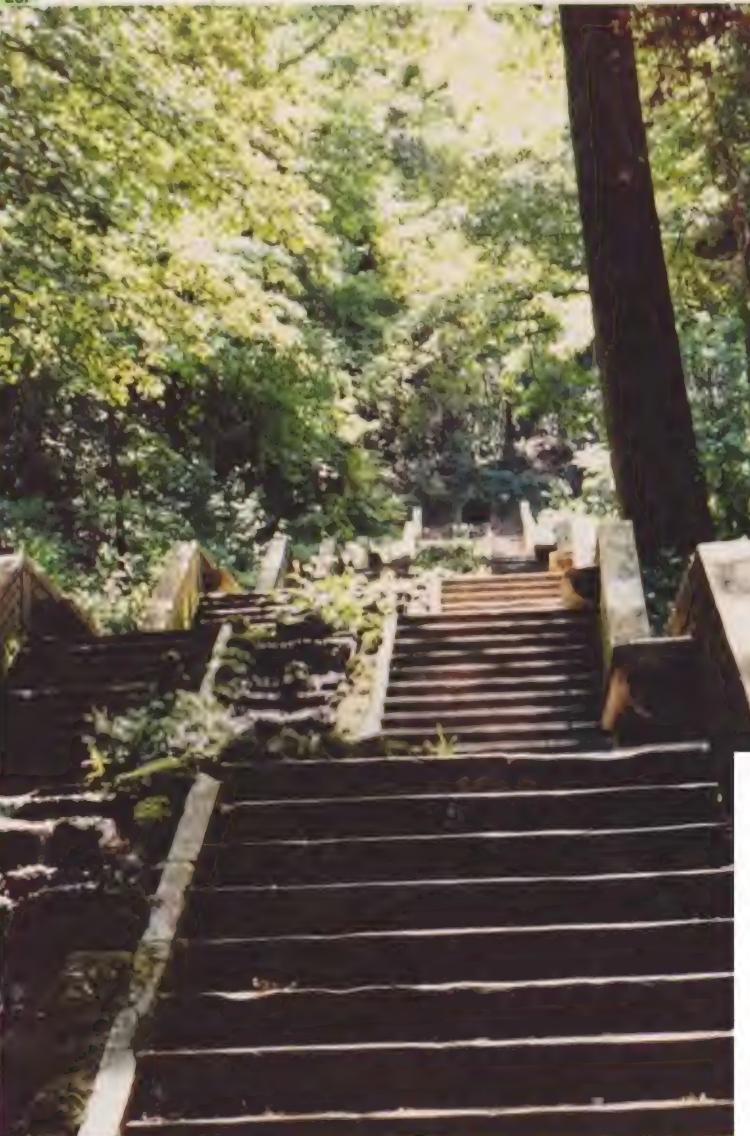
TOTAL

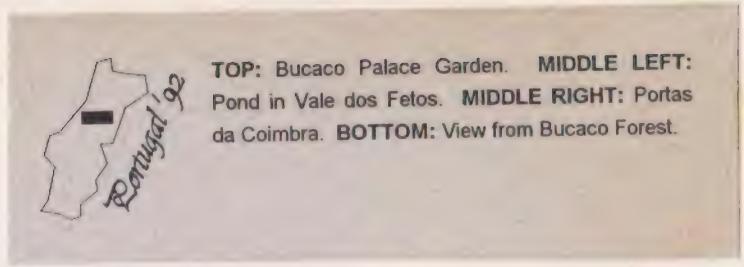
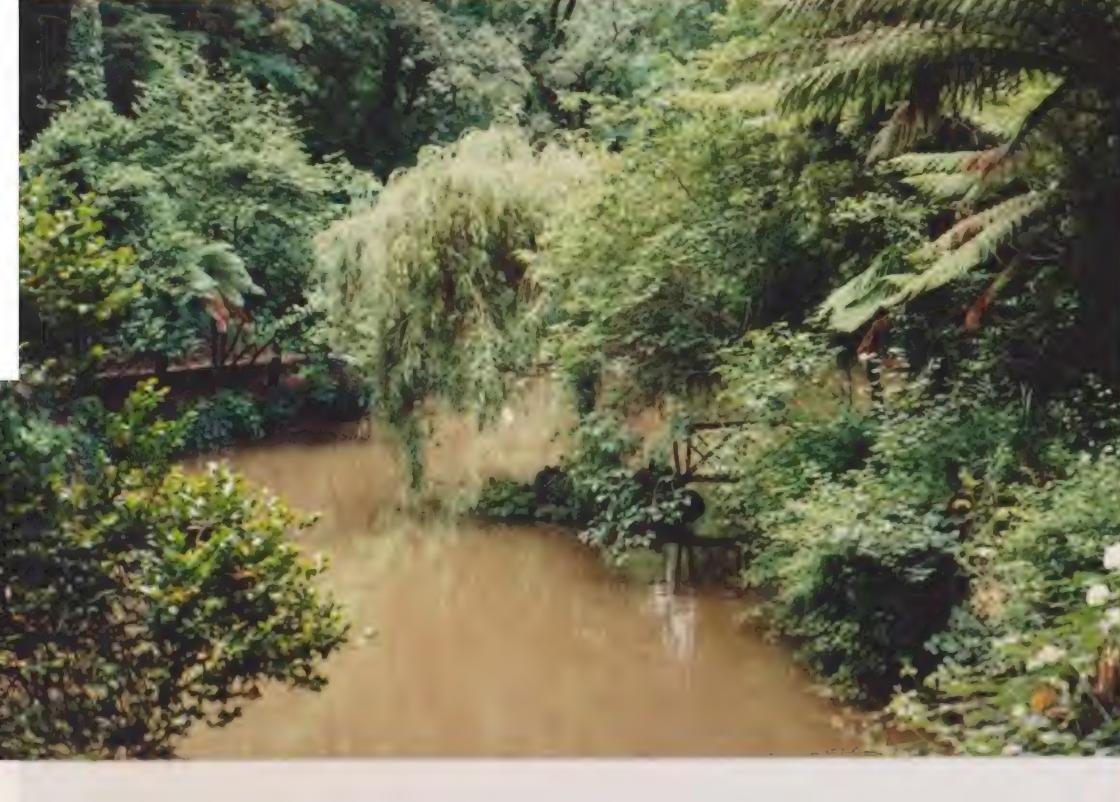
500 129 789-Aut. por desp. de 16-12-87—5 livros 3x50—4-92



TOP: Hotel receipt.  
MIDDLE: Tourist map of Luso. BOTTOM LEFT: View of Luso. BOTTOM RIGHT: The high tech shower from our room, with six water controls: two for the shower, two for the bidet, and two to fill the base for use as a laundry tub.

Portugal '92

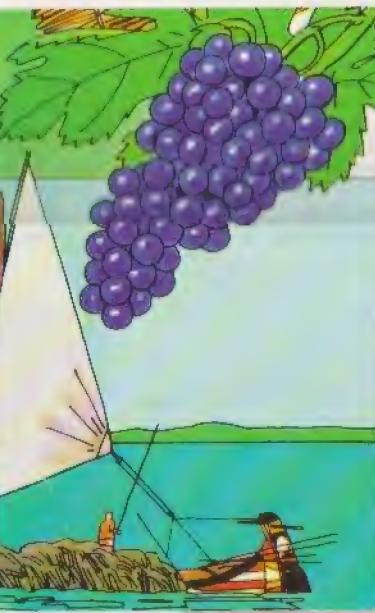




TOP: Bucaco Palace Garden. MIDDLE LEFT: Pond in Vale dos Fetos. MIDDLE RIGHT: Portas da Coimbra. BOTTOM: View from Bucaco Forest.



**TOP:** Hay drying rack near Anadia.  
**BOTTOM:** Moliceiro boats in the Main Canal of Aveiro.  
 Such boats are used for gathering seaweed in the Aveiro Lagoon and for transporting salt. The salt comes from salt pans which are filled with sea water which evaporates due to the sun.

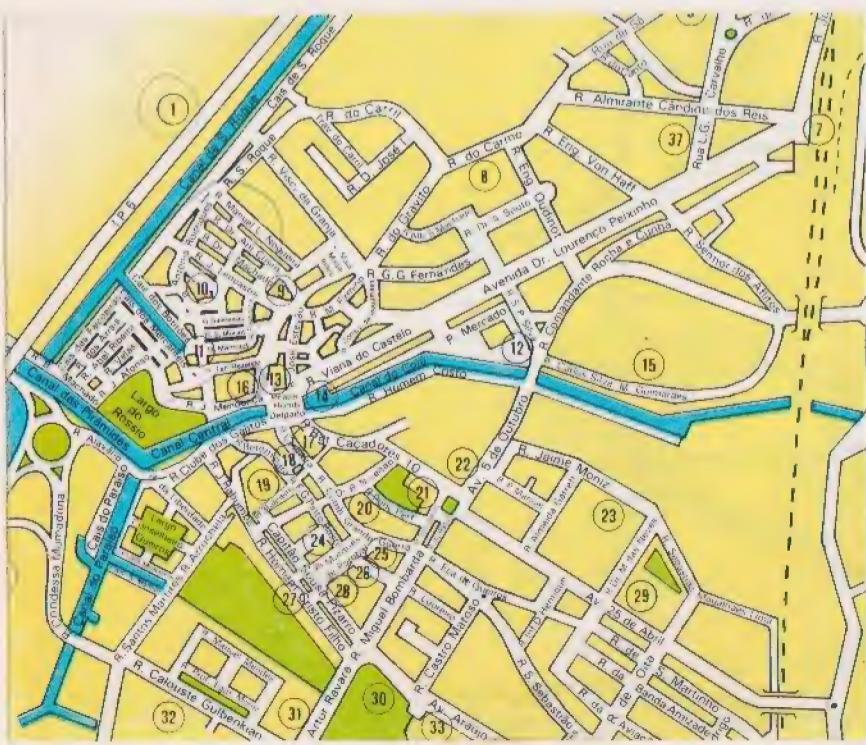


THE FOOD POISONING FROM CASTELO DE Vide HAS FINALLY CAUGHT UP WITH ME. I HAVE NO ENERGY & AM TAKING IT EASY AT THE PENSÃO AFTER TRYING TO Hike TO DUÇAO FOREST EARLY. I HAD TO TURN BACK VERY EARLY & AREA HAS PUSHED ON TO SEE THE SIGHTS.





# Aveiro



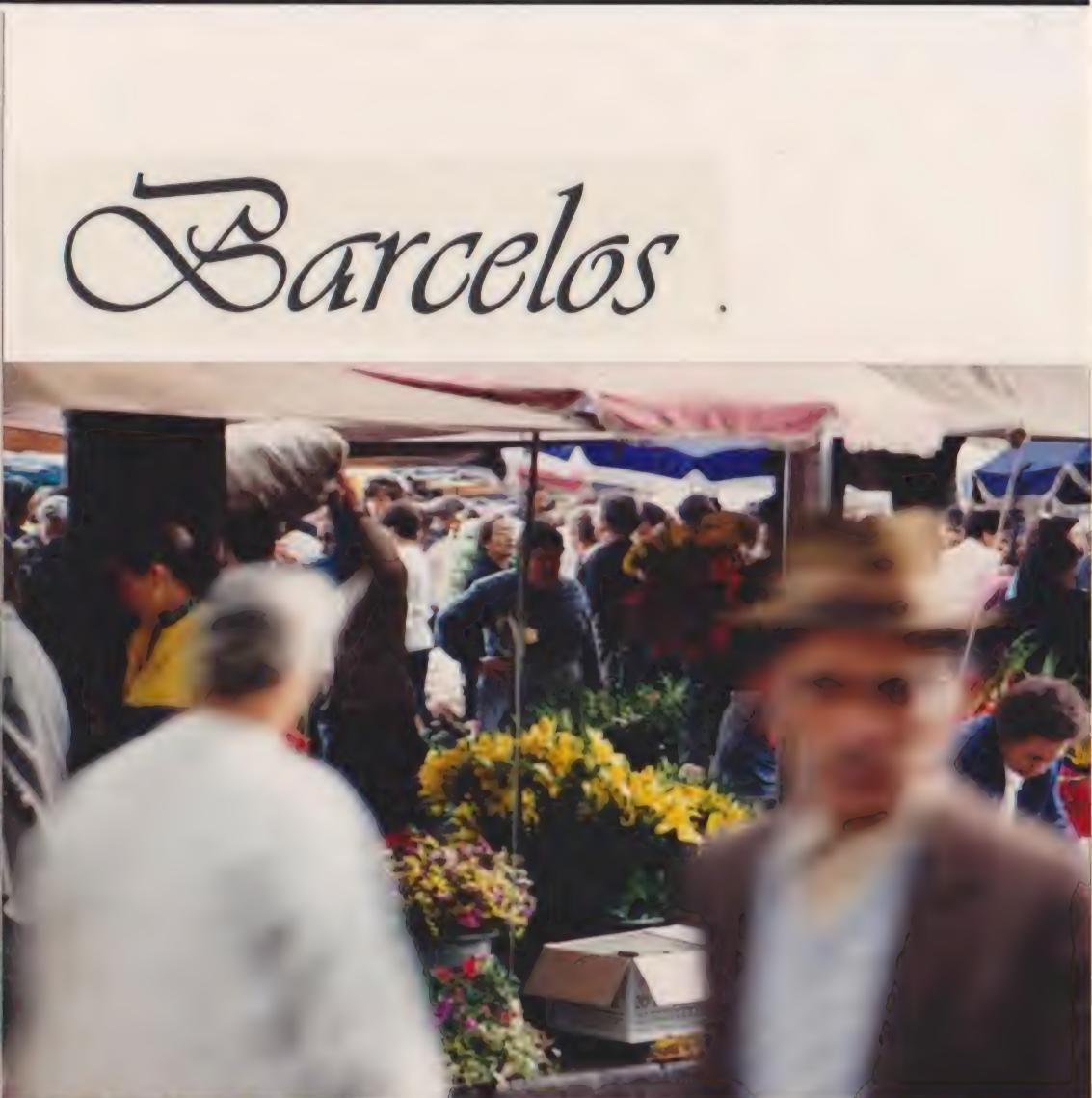
TOP: Prow of a Moliceiro boat in one of Aveiro's very smelly canals. BOTTOM RIGHT: More Moliceiros. BOTTOM LEFT: Map of Aveiro.





TOP RIGHT: Salt warehouses. TOP LEFT: Salt, dried from seawater, piled and stacked in a warehouse. MIDDLE LEFT: Aveiro canal, boats. MIDDLE RIGHT: Our bikes and the rudder from a Moliceiro. BOTTOM LEFT: Baggage and 2nd class train tickets to Barcelos. BOTTOM RIGHT: Platform at Aveiro train station.





# Barcelos

TOP LEFT: Barcelos, famous for its cockerel (the national symbol of Portugal) and its weekly Thursday market. This picture shows the remains of the previous week's festa. TOP RIGHT, MIDDLE, BOTTOM: Barcelos Thursday market.



WELL, SHIT! THINGS LOOKED GOOD AS WE HEADED INTO THE MARKET THIS MORNING, BUT THE RAINS STARTED & DONT LET UP TIL EARLY AFTERNOON WHEN IT TURNED TO OCCASIONAL SHOWERS.

## Residencial Inácio Filho

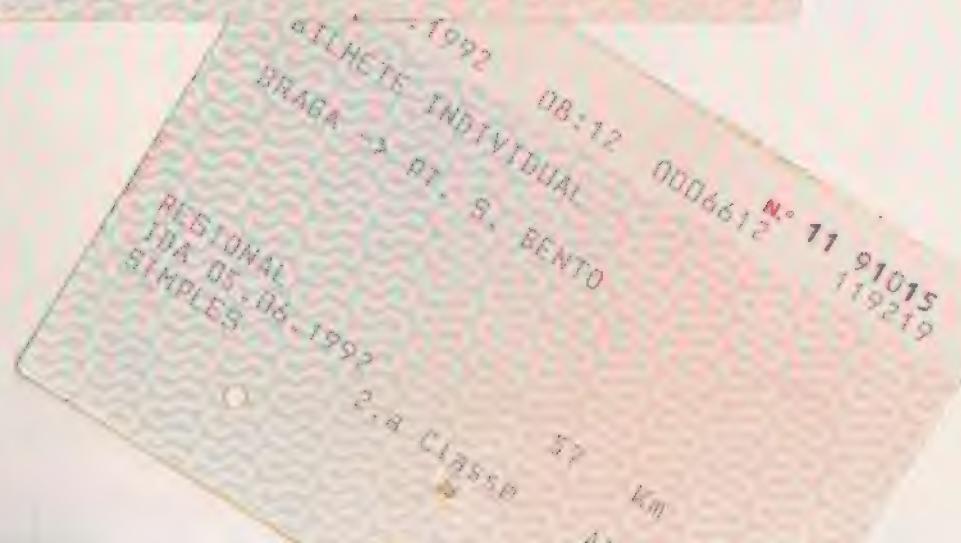
★ ★

Rua Franciscos Sanches, 42 — Telefone 23349 — 4700 BRAGA



TOP RIGHT: Hand pedaled wheelchair. TOP LEFT: Receipt from our hotel in Braga. MIDDLE, BOTTOM: Views along the river at the southern edge of Barcelos.

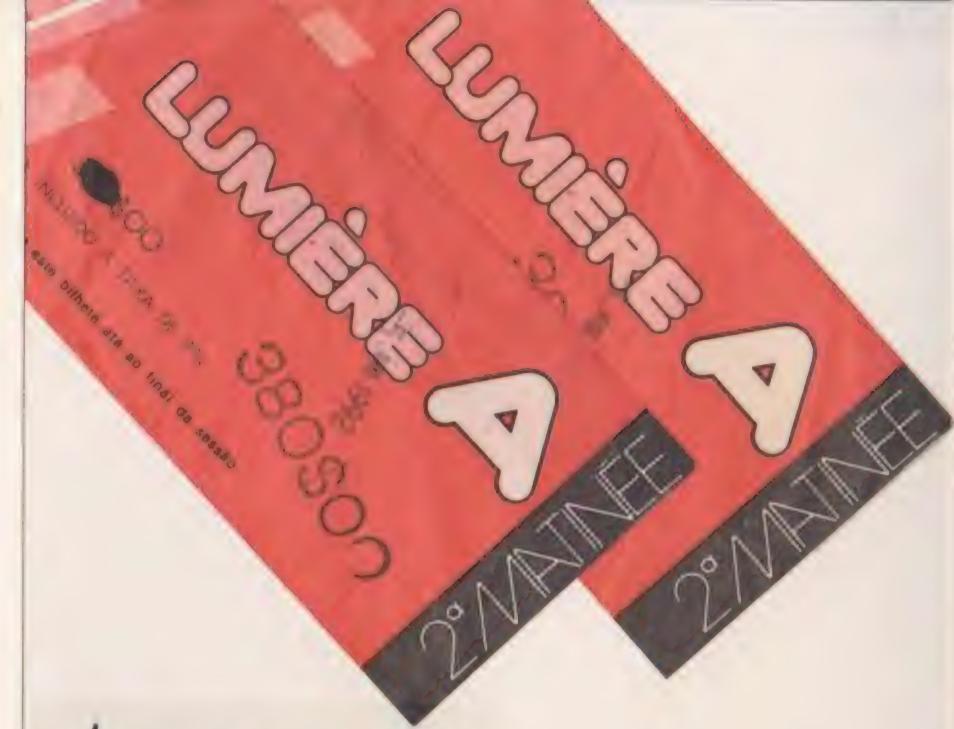
BOTTOM LEFT: Train tickets to Porto.



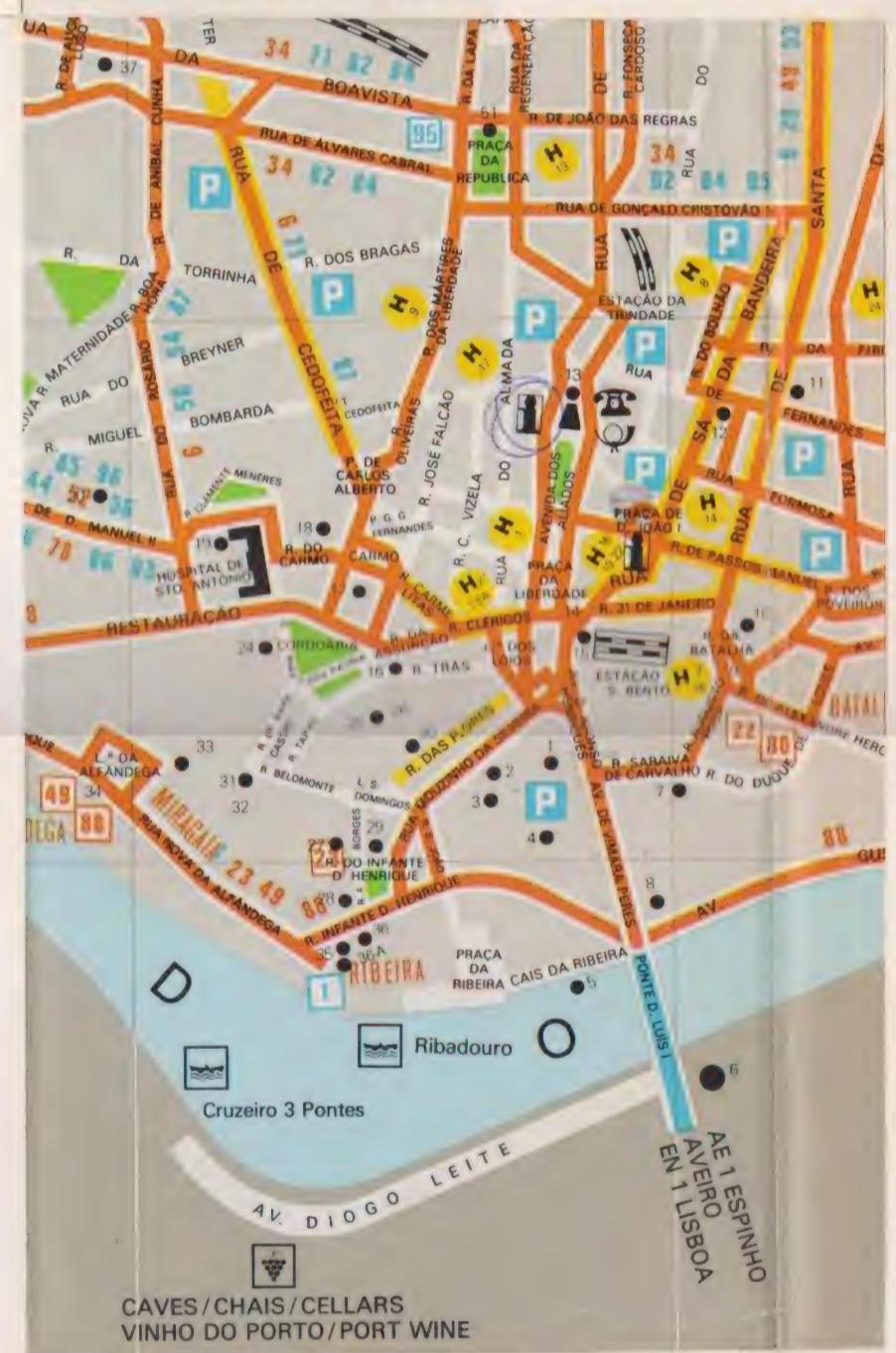
WELL, WE THINK WE'VE GOT TRAIN TRAVEL WITH BIKE FIGURED OUT FINALLY. YOU PUT A TAG ON THE BIKE WITH YOUR NAME ON IT. YOU TELL THE BAGGAGE GUY WHERE YOU ARE GOING. YOU PAY 265\$ PER BIKE. YOU WAIT UNTIL THEY LOAD THE BIKES ON THE TRAIN & GET ON YOURSELF. IT SEEMS THE PART ABOUT A TAX HAS BEEN CAUSING MANY BAGGAGE CLERKS NO END OF AGGRAVATION. HOPEFULLY WE ARE NOW SENSITIVE TO THE TOTAL NEEDS OF THE SYSTEM.



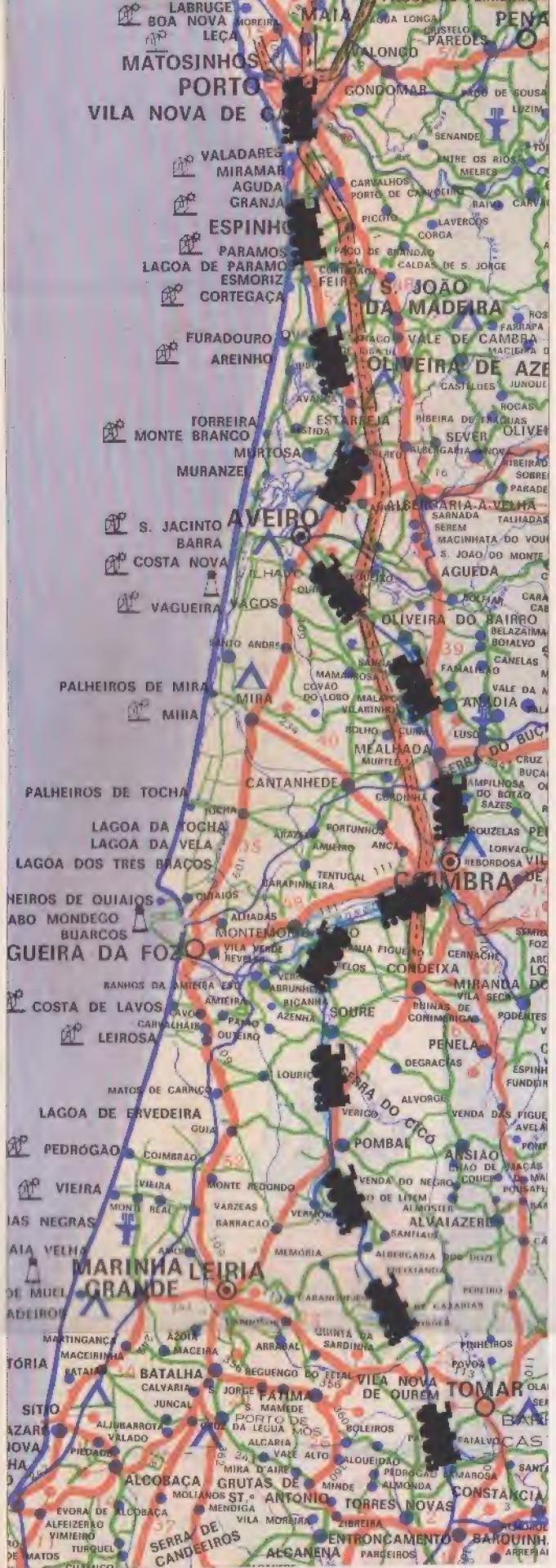
"O PORTO E A TORRE DOS CLÉRIGOS"



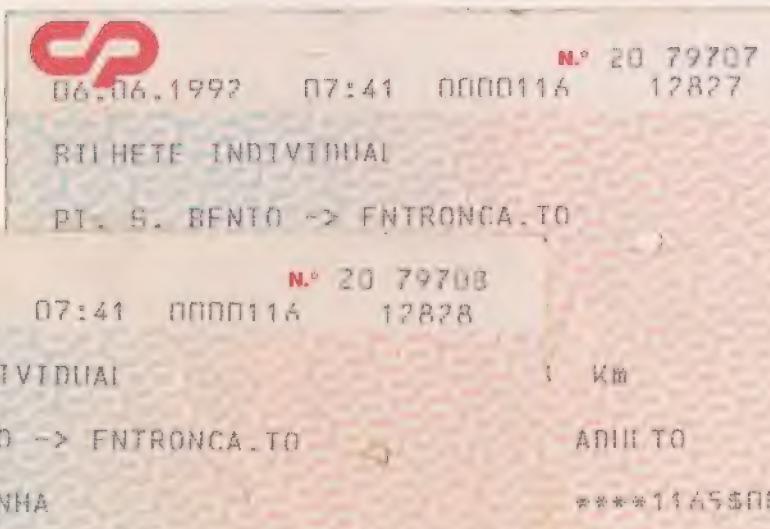
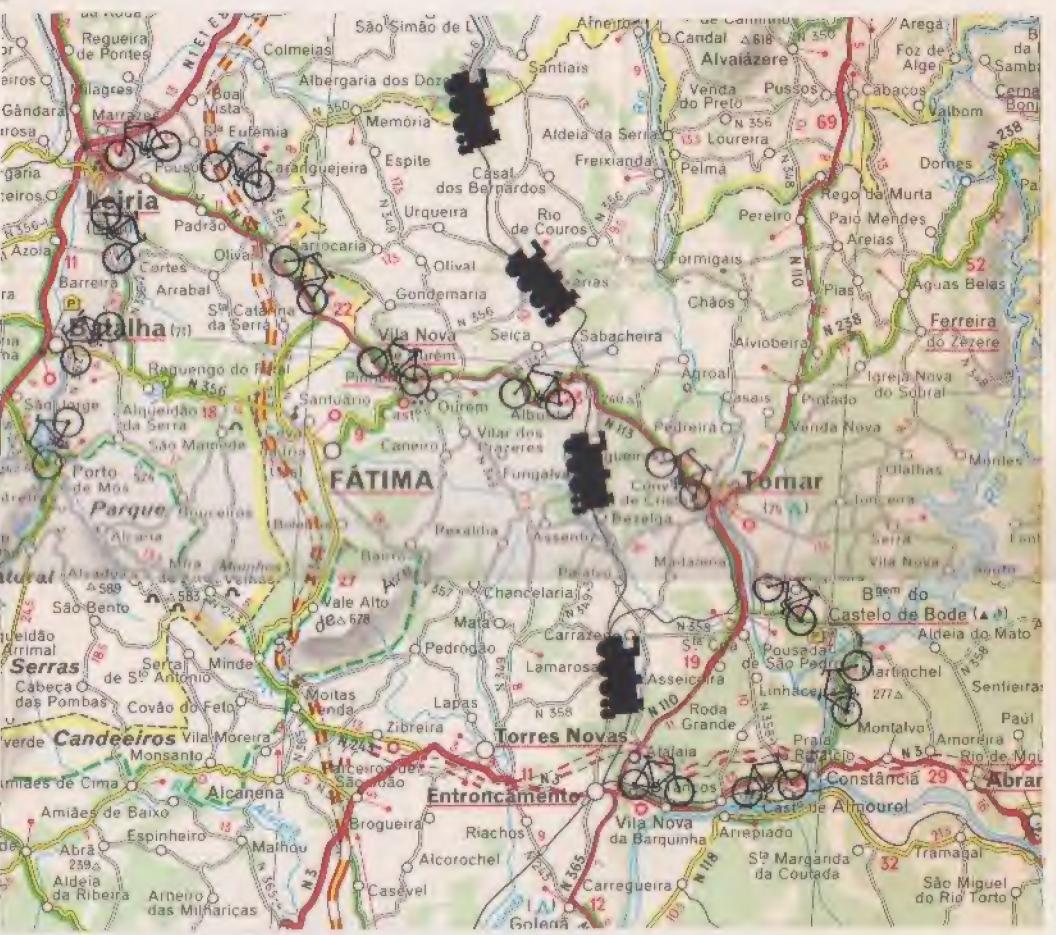
TOP LEFT: Post card of Porto riverfront. TOP RIGHT: Movie tickets for a matinee featuring "The Medicine Man." MIDDLE RIGHT: Map of central Porto. MIDDLE LEFT: Port wine barge - note the Sandeman logo at the stern. BOTTOM LEFT: Vendors along the riverfront.



WE'RE WAITING FOR THE TRAIN TO DEPART FOR ENTRONCAMENTO IN ABOUT TWENTY MINUTES. WE TOOK A TRAIN FROM PORTO'S SÃO BENTO TRAIN STATION TO PORTO'S CAMPANHA TRAIN STATION EARLIER TODAY, EXPECTING OUR BICYCLES TO BE TRANSFERRED TO THE INTER-REGIONAL TRAIN THAT WE ARE ON. WRONG. WE WERE A BIT DISTRESSED TO SEE OUR BIKES HEADING NORTH UNTIL WE FOUND THAT THE TRAIN WAS SWITCHING TO A SOUTHBOUND TRACK & WAS TAKING TO COIMBRA.



**TOP**  
Praca  
da  
Liberdade, Porto.  
**BOTTOM RIGHT:**  
Almourol Castle.  
**BOTTOM LEFT:** Train tickets to  
Entroncamento.





TOP LEFT: Zezere River. MIDDLE LEFT: Ruins of the Convent of Christ at Tomar. MIDDLE RIGHT: Old Roman bridge and "A Bella Vista", an exceptional regional style restaurant. BOTTOM RIGHT: Ducks. BOTTOM LEFT: Another view of the Roman bridge.

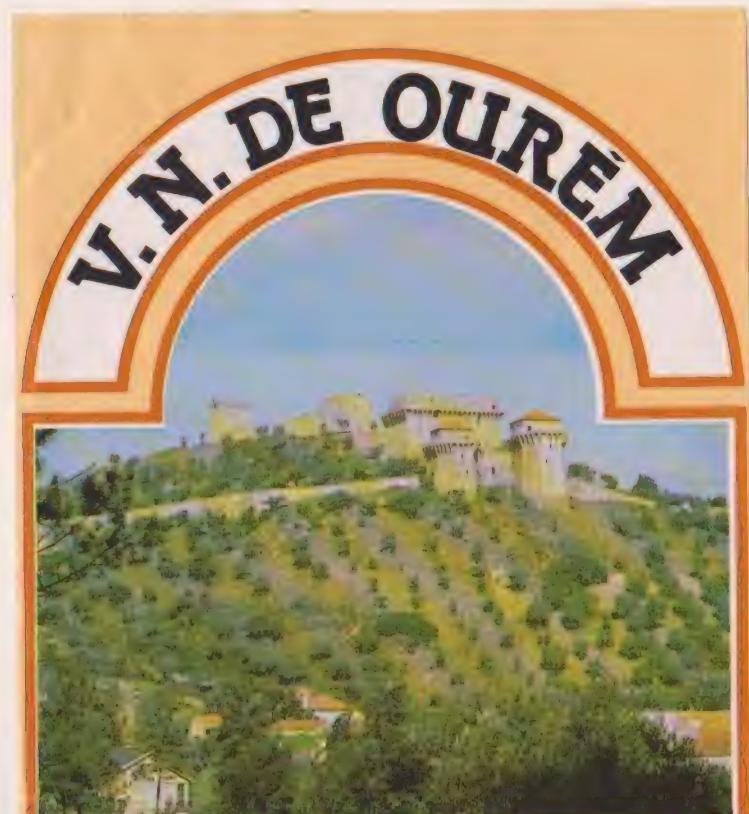
# Tomar





TOP LEFT: Water wheel. BOTTOM  
RIGHT: Water wheel with Convent of  
Christ in background.





WE VISITED THE CASTLE AT OUREM THIS MORNING. AFTER MARINHO & MONSANTO CLIMBING STEEP HILLS TO SEE A CASTLE JUST ISN'T WORTH WHILE. BUT THE VIEWS WERE NICE & IT GAVE US A PLACE TO SCOUT FOR WINDMILLS FROM. BUT ALL WE SAW WERE RUINS.



TOP LEFT: An interesting advertisement made of tile. MIDDLE RIGHT: Alea and castle of Ourem. BOTTOM RIGHT: Stone crest at Ourem. BOTTOM LEFT: Tower & flowers at Ourem.





**TOP LEFT:** Countryside near Leiria. **BOTTOM:** Map of Leiria.

mapa  
da  
cidade  
de  
LEIRIA

## *LEGENDA*

- |                           |                       |
|---------------------------|-----------------------|
| 1 TURISMO                 | 20 Q.CIVIL/S.EST      |
| 2 EST. PASTOR             | 21 CINEMA             |
| 3 IG. MISÉRICÓRDIA        | 22 CINETEATRO         |
| 4 BE                      | 23 TERM. RODOVIÁRIO   |
| 5 IG. S. PEDRO            | 24 REC. VIATURAS      |
| 6 CASTELO                 | 25 CENTRO COMERCIAL   |
| 7 ESTÁBIO                 | 26 ESCOLA             |
| 8 MERCADO                 | 27 SEGURANÇA SOCIAL   |
| 9 PARQUE INFANTIL         | 28 PALÁCIO DA JUSTIÇA |
| 10 P.B.P.                 | 29 EBCIACIMENTO       |
| 11 HOSPITAL               |                       |
| 12 FONTE LUMINOSA         |                       |
| 13 IG. ESPIRITO SANTO     | <b>h</b> HOTEL        |
| 14 FONTE GRANDE           |                       |
| 15 CONV. PORTELA          |                       |
| 16 CAMARÁ MUNICIPAL       |                       |
| 17 IG. ST. AGOSTINHO      |                       |
| 18 IG. N. S. EMBARCADAÇÃO |                       |
| 19 G.N. R.                |                       |

### CASTELO DE LEIRIA

Fundado por D. Afonso Henriques em 1135, foi reconstruído por D. Dinis, nomeadamente a torre de Menagem que ostenta as suas Armas, e segundo alguns a própria Alcáçova.

Construído primitivamente em estilo Castelão, foram-lhe introduzidos outros, desde o Românico-Gótico a uma Sacristia Manuelina.

Foi fortaleza militar, Palácio Real e Colegiada.



### CÂMARA MUNICIPAL DE LEIRIA



### CASTELO DE LEIRIA

SÉRIE A

RECIBO N° 14458

Pago em \_\_\_\_ / \_\_\_\_ / 19\_\_\_\_

PREÇO 100\$00



TOP LEFT: Tickets to castle ruins of Leiria. MIDDLE: Carved stonework in church window inside castle walls. BOTTOM RIGHT: Loggia. BOTTOM LEFT: Alea seated at loggia.





TOP LEFT: Alea on castle rampart. TOP RIGHT:  
Puppy playing inside castle. MIDDLE: View of  
Leiria. BOTTOM: View of Se (cathedral).

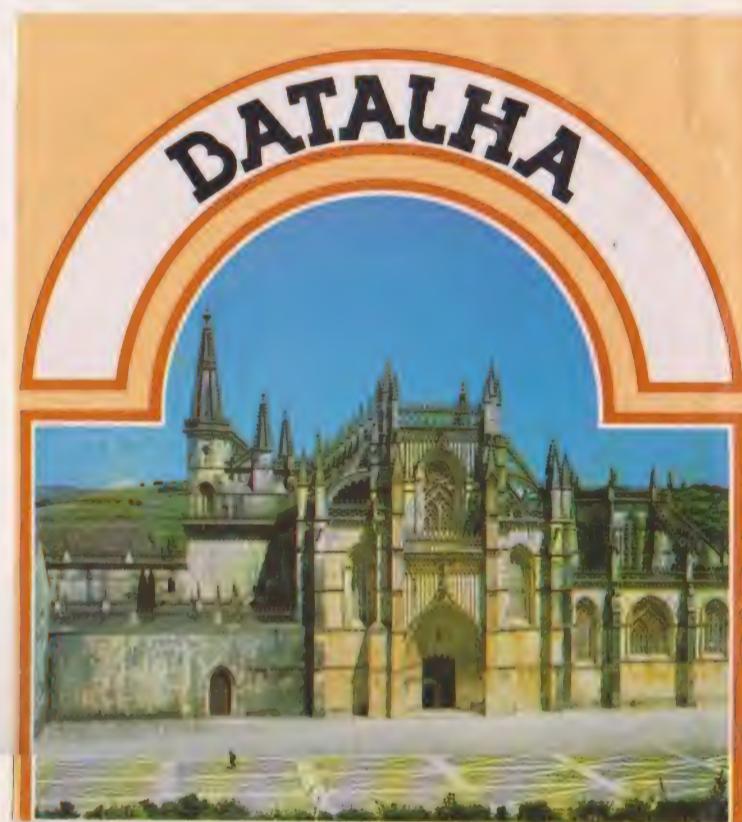


THIS PAGE -

TOP RIGHT: Vineyard south of Batalha. MIDDLE LEFT: Flying buttresses, Monastery of Batalha. BOTTOM LEFT: Window at monastery. BOTTOM RIGHT: Postcard of Monastery of Batalha at night.

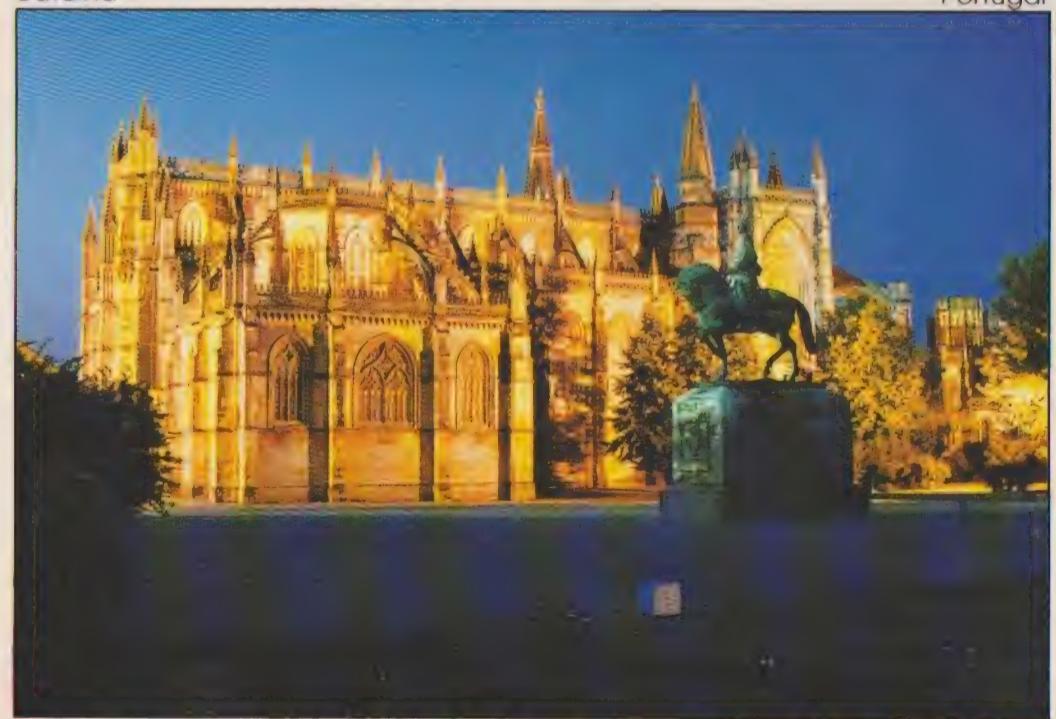
OPPOSITE PAGE -

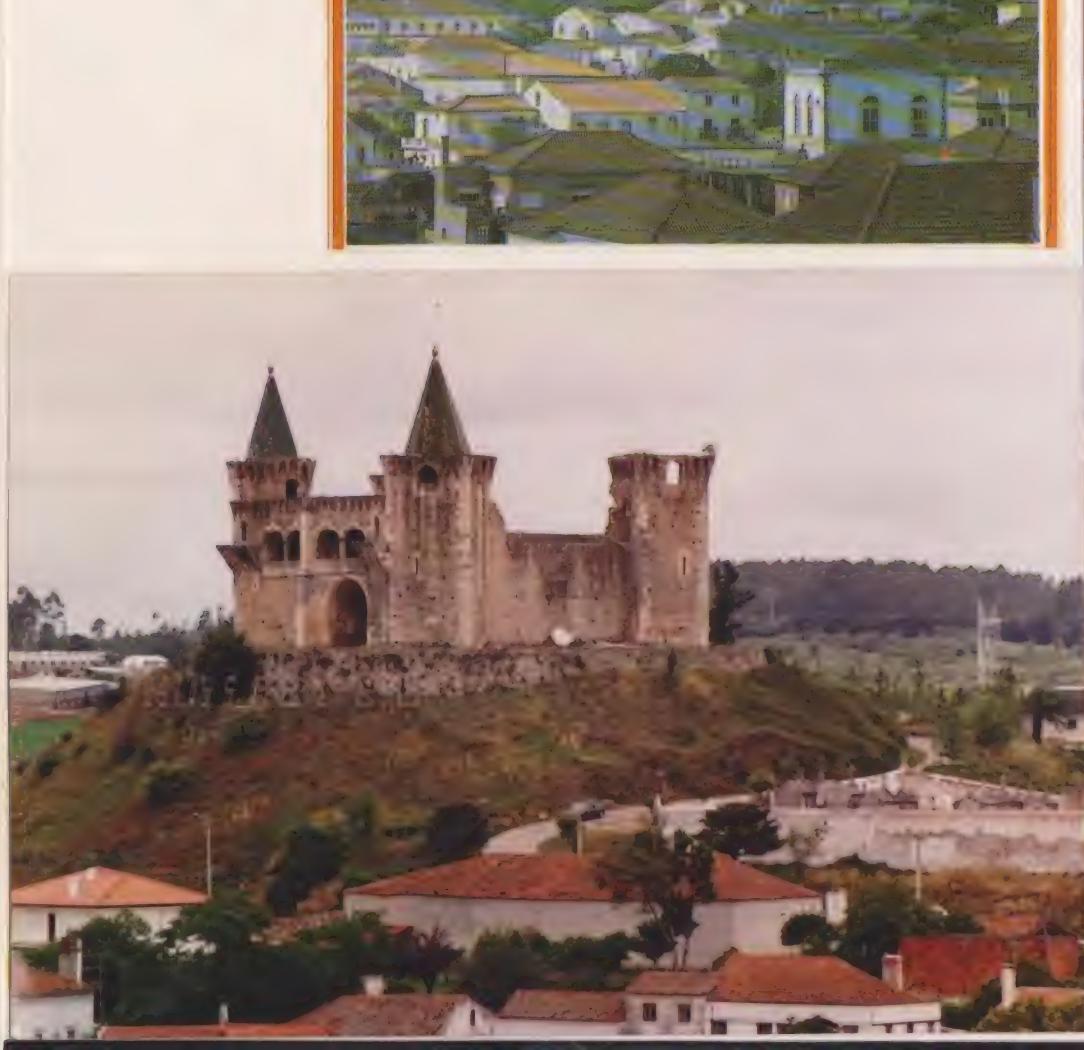
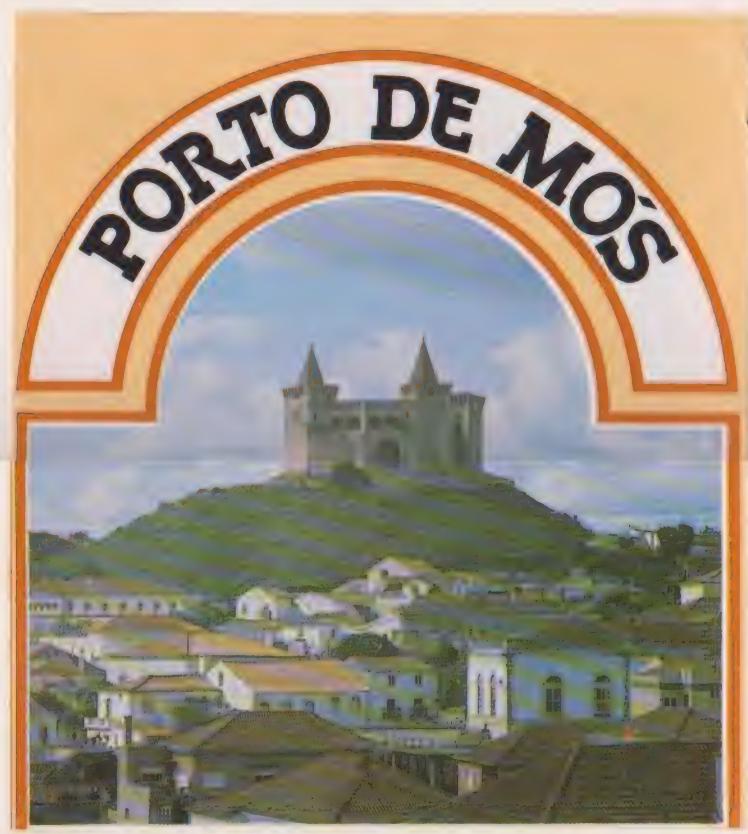
TOP LEFT: Tomb at monastery. TOP RIGHT: Windmill joinery. MIDDLE RIGHT: Windmill "bottles", supposedly used to make noise as the mill turned. BOTTOM RIGHT: Alea at windmill with old millstones in the foreground. BOTTOM LEFT: Castle at Porto de Mos.

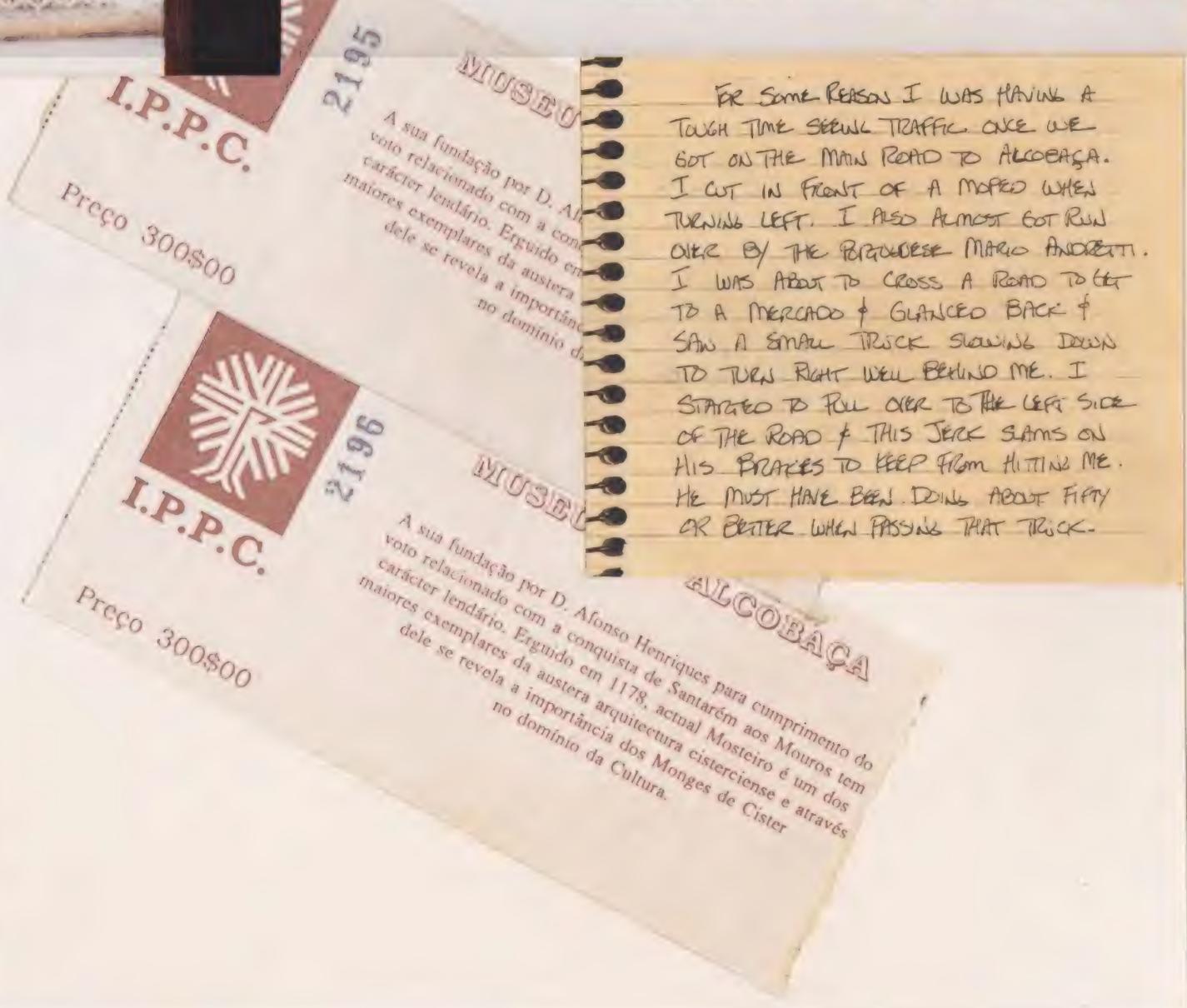
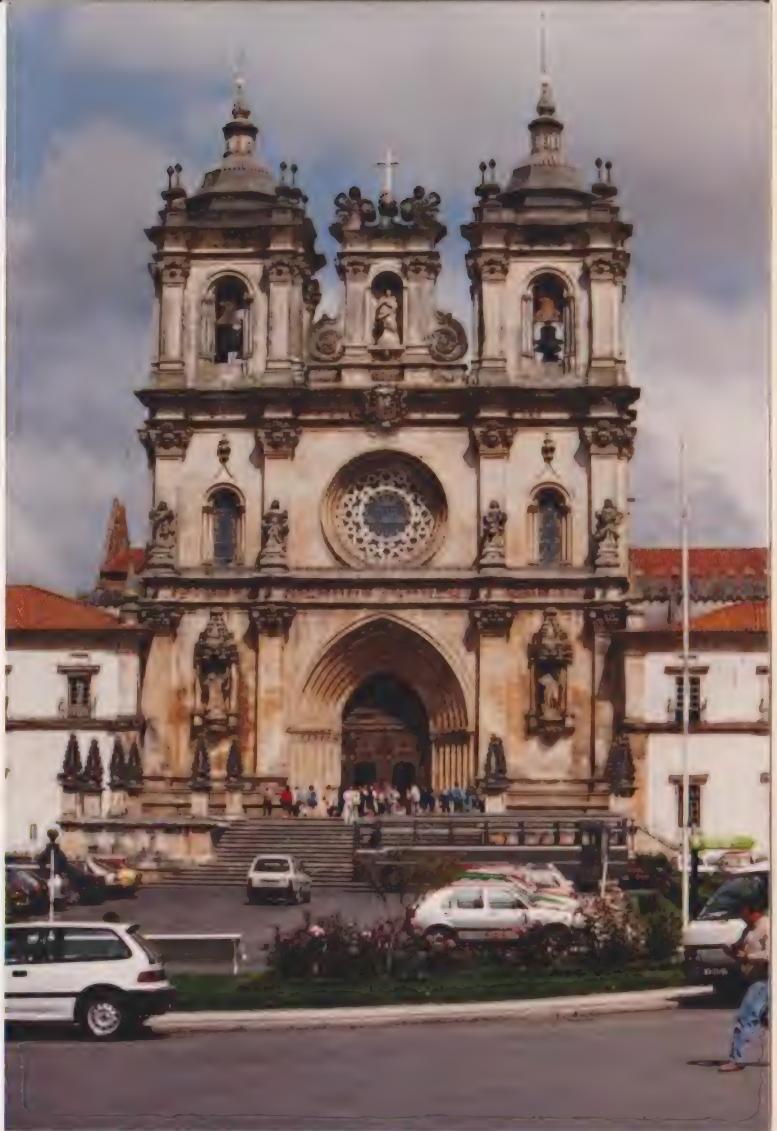
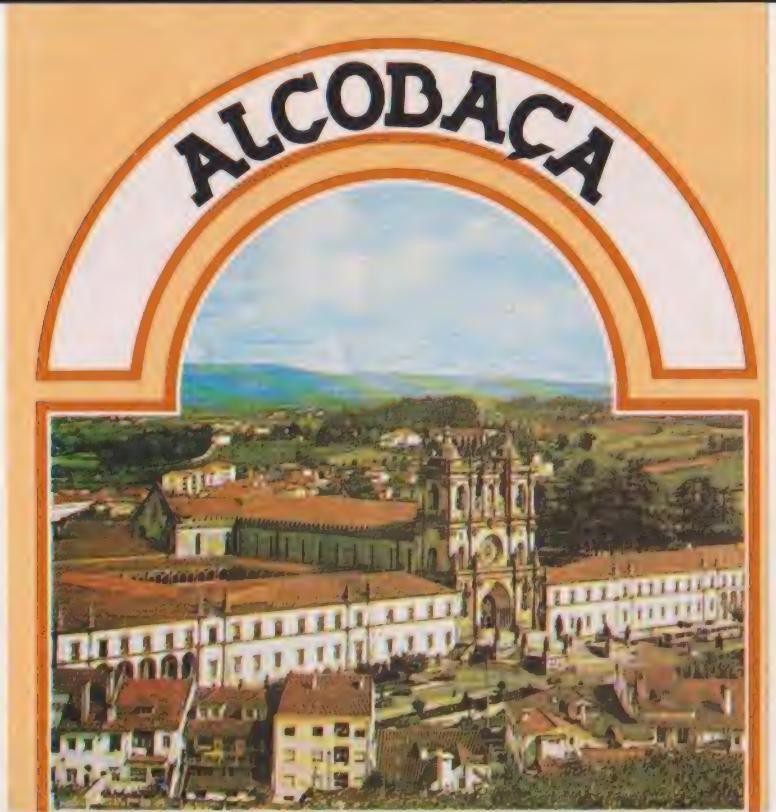


Batalha

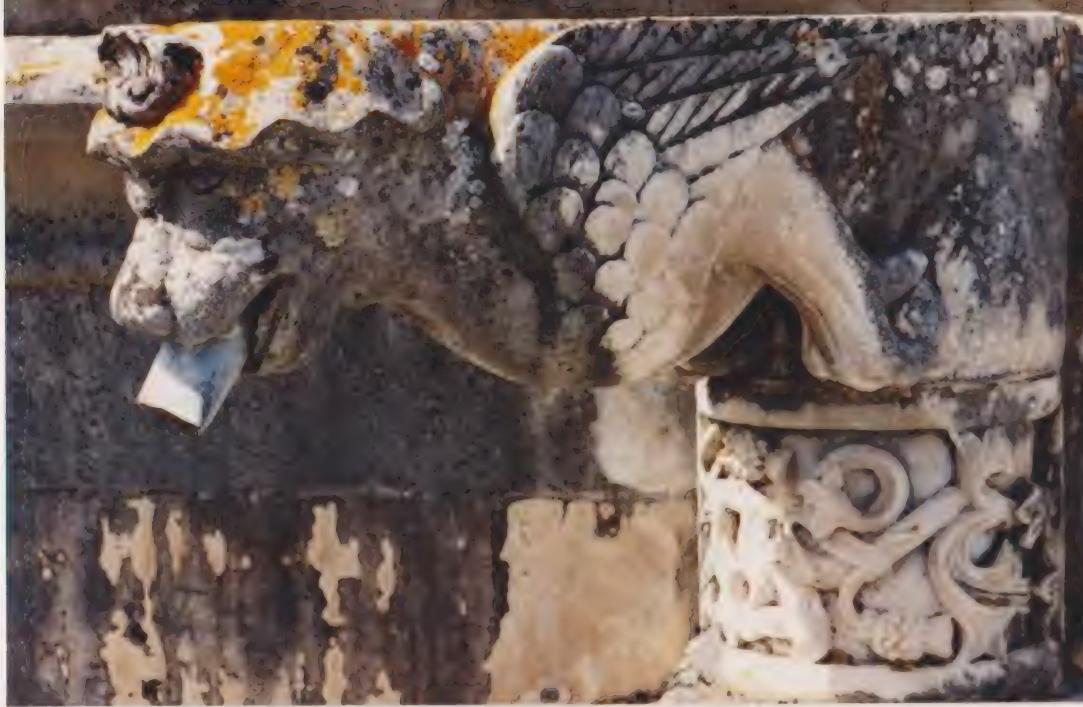
Portugal







FOR SOME REASON I WAS HAVING A TOUGH TIME SEEING TRAFFIC ONCE WE GOT ON THE MAIN ROAD TO ALCOBACA. I CUT IN FRONT OF A MOPED WHEN TURNING LEFT. I ALSO ALMOST GOT RUN OVER BY THE PORTUGUESE MARCO ANDRETTI. I WAS ABOUT TO CROSS A ROAD TO GET TO A MERCADO & GLANCED BACK & SAW A SMALL TRUCK SLOWING DOWN TO TURN RIGHT WELL BEHIND ME. I STARTED TO PULL OVER TO THE LEFT SIDE OF THE ROAD & THIS JACK SLAMS ON HIS BRAKES TO KEEP FROM HITTING ME. HE MUST HAVE BEEN DOING ABOUT FIFTY OR BETTER WHEN PASSING THAT TRUCK.



OPPOSITE PAGE -

TOP RIGHT: Monastery at Alcobaça. MIDDLE LEFT: Carved stone tree planter in Cloister of Silence.  
BOTTOM LEFT: Sundial. BOTTOM MIDDLE: Admission tickets.

THIS PAGE -

TOP LEFT: Ornate door at monastery. TOP RIGHT: Gargoyle/drainpipe. BOTTOM: Carved marble tomb.





# Nazare



TOP LEFT: Alea near Nazare. MIDDLE LEFT: Upper & lower towns of Nazare.  
MIDDLE RIGHT: Part of main square of Nazare's O Sitio neighborhood - perched  
on an overhang. BOTTOM RIGHT: Almost deserted beach north of Nazare.  
BOTTOM LEFT: Cliff of O Sitio.





TOP: Steve climbing hill from Nazare lighthouse. BOTTOM LEFT: Beach as seen from O Sitio. BOTTOM RIGHT: Fish drying on the beach with Nazare lighthouse in the background.





TOP, MIDDLE RIGHT: Colorful boats in Nazare's new harbor. MIDDLE LEFT: Beach and O Sítio cliff. BOTTOM RIGHT: Three dogs that decided to travel with us for a while.

## *Sao Martinho do Porto*



TOP LEFT: Alea with bike in access tunnel to beach at Sao Martinho do Porto. TOP RIGHT: Rocky beach at high tide. MIDDLE: Inlet to harbor at Sao Martinho. BOTTOM: Inlet and dunes.





WE FOUND A VERY NICE "REGIONAL" RESTAURANT COMPLETE WITH A DONKEY CART w/ KEG OUTSIDE + A GIANT WINE PRESS FORMER PART OF THE BAR. WE HAD A NICE GRILLED WHITEFISH + SOME "BACALHAU Á ADEGA" (SALTED COD IN A LIGHT CHEESE SAUCE, PLUS CHEESE + SMOKED HAM + BREAD, TWO COFFEEES + A VERY NICE WHITE WINE POURED FROM A CASK IN THE BACK FOR A THIRD OF LAST NIGHT'S DINNER.

# Caldas da Rainha

**THIS PAGE -**

**TOP LEFT:** Another donkey, south of Sao Martinho. **BOTTOM:** Brochure cover with view of park at Caldas da Rainha (The Queen's Baths).

**OPPOSITE PAGE -**

**TOP LEFT:** Map of Caldas da Rainha. **TOP RIGHT:** Cover presented with the bill after a very good and rather expensive meal in Caldas. **BOTTOM:** Adega do Borlao - an excellent inexpensive regional restaurant with wine served from wooden casks.

**região de turismo do oeste** **portugal**



Restaurante



Bar

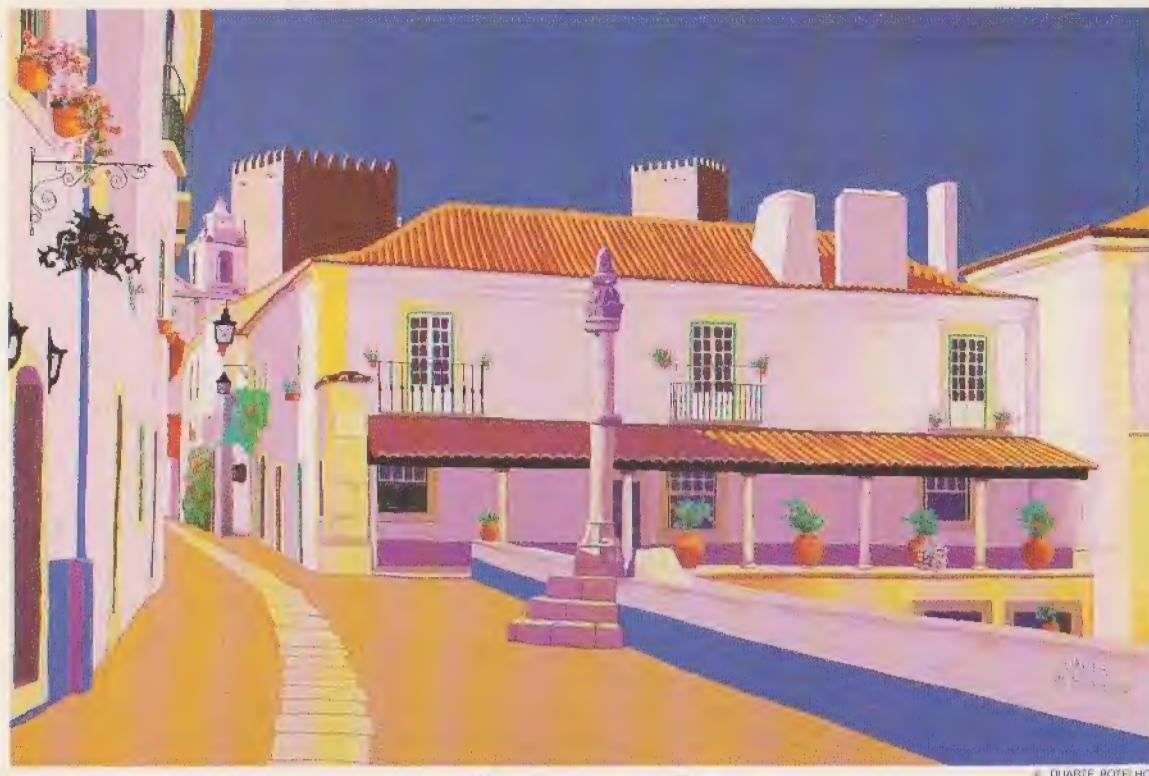
# PATEO DA RAINHA



Rua Camões, 39 — Telef. 35658

2500 CALDAS DA RAINHA



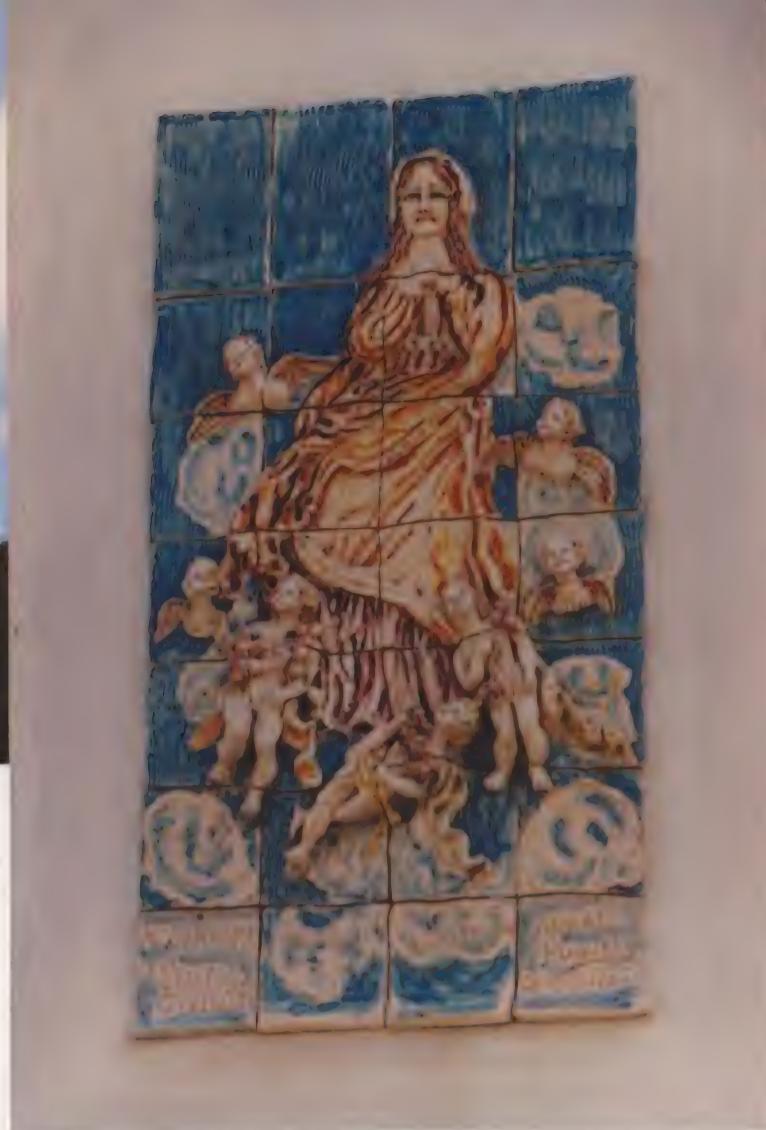


# Obidos



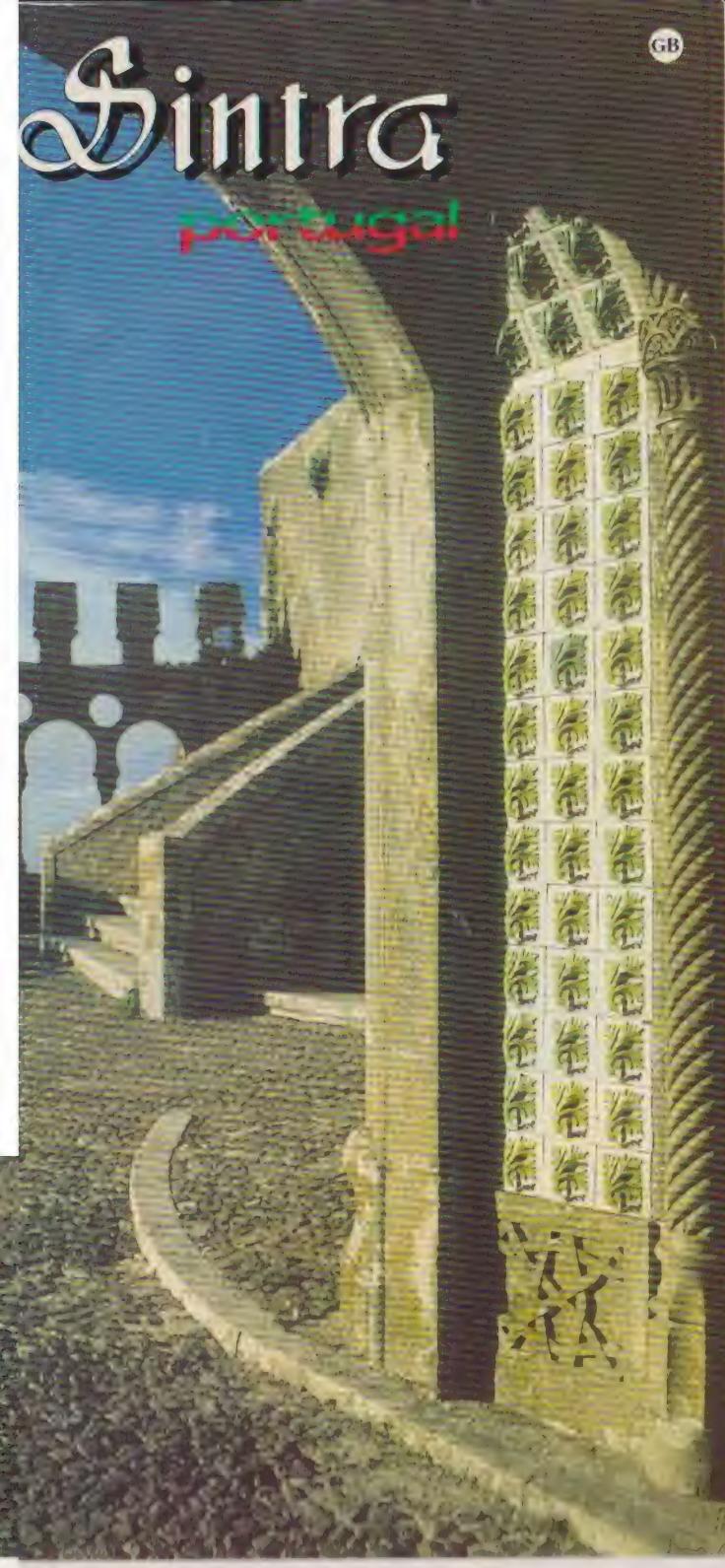
TOP LEFT: Postcard of Obidos, for centuries a gift from the Kings of Portugal to their new Queens. MIDDLE RIGHT & LEFT, BOTTOM: Various views of Obidos.





**TOP LEFT:** Windmill at Obidos. **TOP RIGHT:** Recent ceramic art on a house in Obidos - ceramics is a major industry in this area. **MIDDLE RIGHT:** More train tickets (we had to backtrack to Caldas to catch the train). **BOTTOM:** Alea on Obidos ramparts.





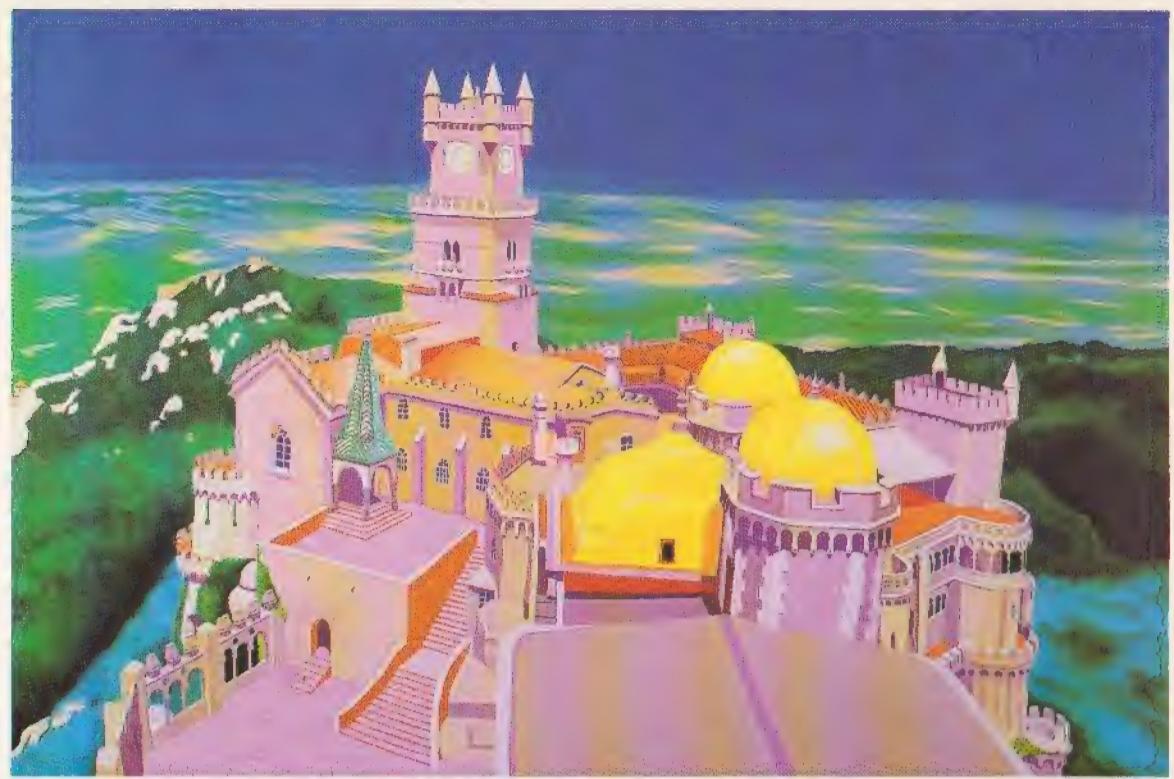
**TOP LEFT:** Brochure cover showing courtyard in Pena Palace. **TOP RIGHT:** View from Hotel Central. **BOTTOM LEFT:** Town pillory, made of granite. **BOTTOM RIGHT:** Map of Sintra.



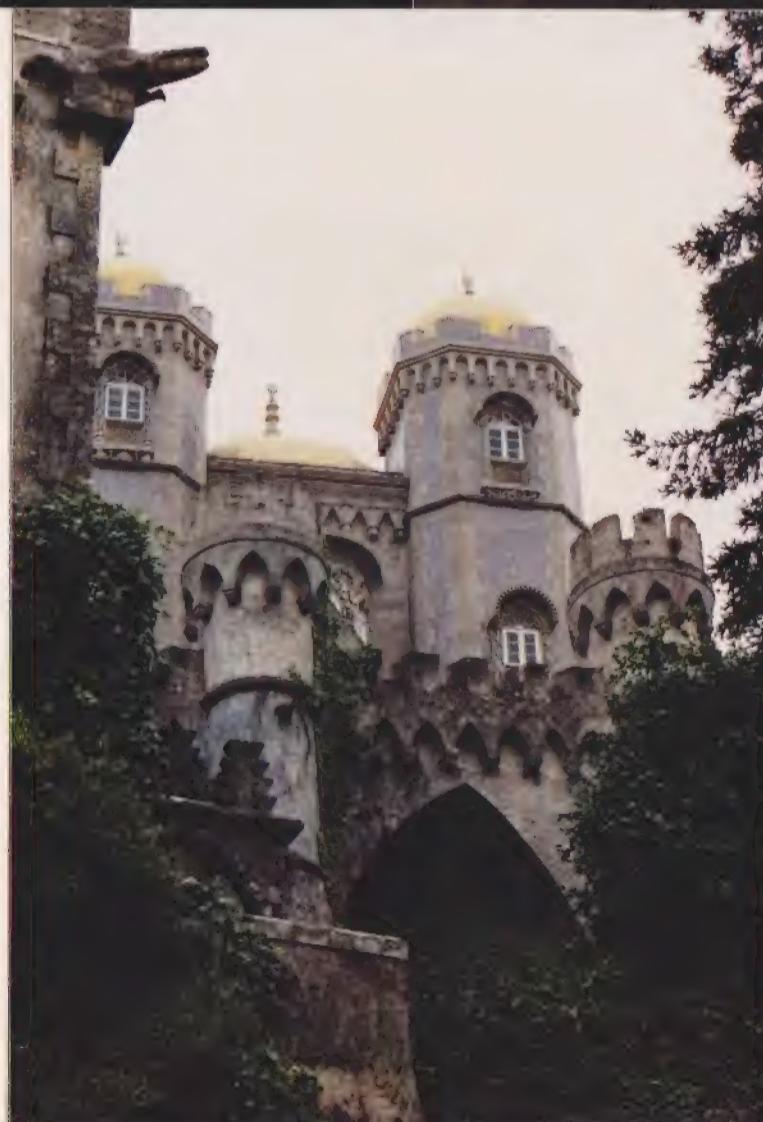


TOP LEFT: Tree growing inside church ruin on trail to Castelo dos Mouros. TOP RIGHT: Castelo dos Mouros from Palacio Nacional. MIDDLE: Castelo dos Mouros. BOTTOM LEFT: Alea standing under rock outcropping on backstreet of Sintra. BOTTOM RIGHT: Wax paper wrapper that contained a regional pastry.





"As CÚPULAS DO PALÁCIO DA PENA"

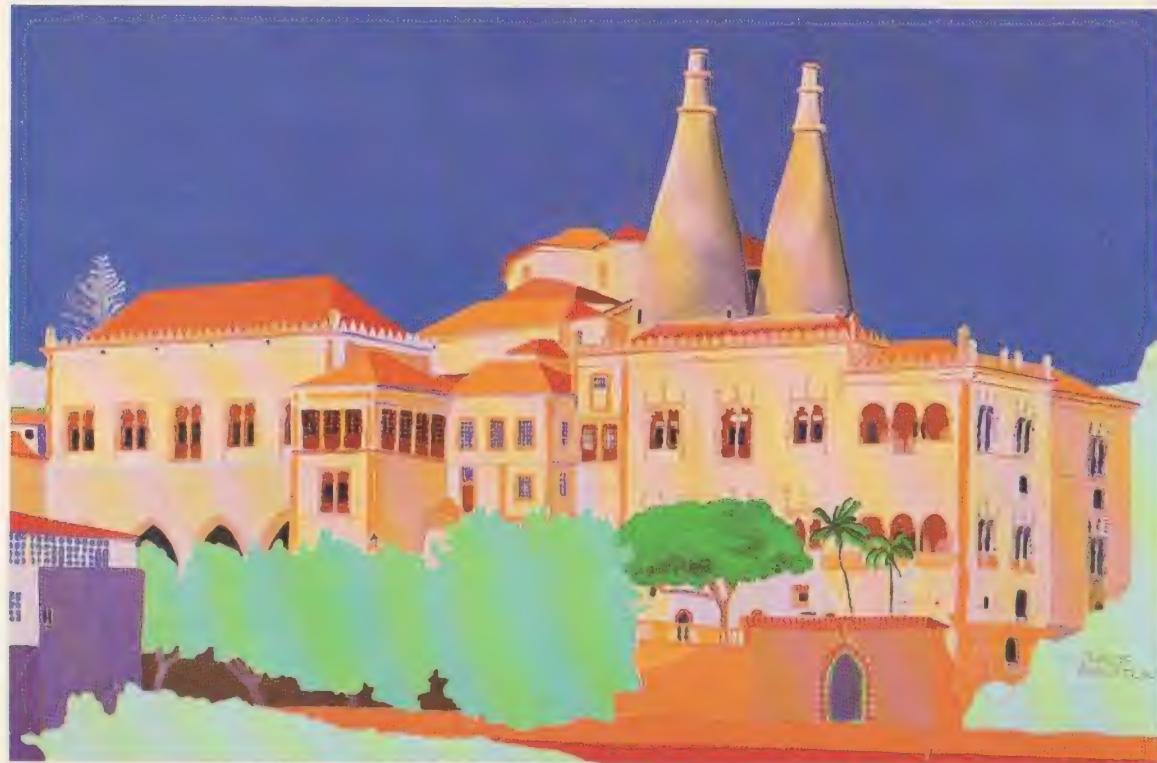


# PALÁCIO DA PENA

Delineado pelo Barão Von Eschwege e depois por Possidónio da Silva, o Palácio apresenta uma amalgama de estilos e motivos arquitectónicos, nos quais encontramos desde o manuelino do antigo convento local em ruínas, às sugestões orientais, góticas, em torres, cúpulas e minaretes, notável pela sua decoração.

300\$

Entrada n.º



"PALÁCIO NACIONAL DE SINTRA"



TOP LEFT: Postcard of Palacio Nacional. TOP RIGHT: Wrapper which contained local "queijada"s - cheese pastries. BOTTOM LEFT: View of Palacio Nacional from Hotel Central. BOTTOM RIGHT: Palacio Nacional as seen from Castelo dos Mouros.

# CASA DO PRETO

Fábrica de Queijadas Finas  
SINTRA

*Os melhores bolos que se  
fabricam em Sintra*



Composição:  
Queijo - Açúcar  
Farinha - Ovos  
Canela

Peso aprox. 200 gr.

(Marca Registada)

**JOSÉ D'ALMEIDA**

ESTRADA DE CHÃO DE MENINOS — SINTRA

TELEF. 923 04 36

Consumir até:

Cont. N.º 800 679 199



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NTR  
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NACIONAL  
DE SINTRA

ENTRADA N°

53839

PREÇO 400\$00

ENTRADA N°

53840

PREÇO 400\$00



TOP LEFT: Tickets to Palacio Nacional. TOP RIGHT: Another view from Hotel Central.  
MIDDLE LEFT: Sintra city hall. MIDDLE RIGHT: The bill from two nights at Hotel Central, our  
most overpriced accomodations in Portugal. BOTTOM LEFT: One of the many mansions in  
and around Sintra.



Telef. 923 00 63

Nº 0946

# Hotel CENTRAL ★★

de ANTÓNIO DE JESUS RAIO

Contribuinte N.º 803 435 266

Junho

de 1992

Sintra, 12 de

Almoços

Jantares

Paul Steven  
Malone

Aposentos 21.600  
s

4205

VISA

T. S. C.

Tip. Soares

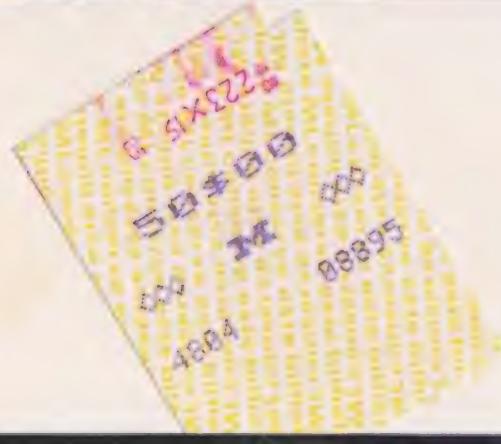
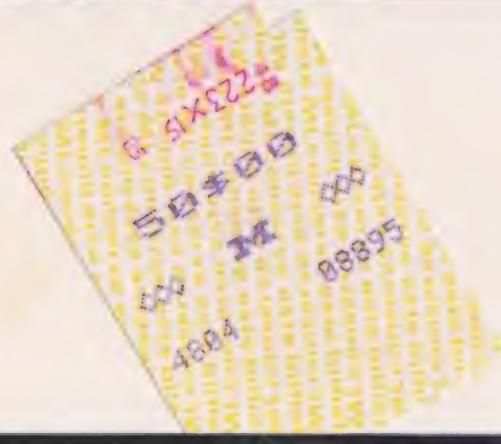
IVA INCLUIDO



# Lisboa



**TOP RIGHT:** The Dom Joao - where we spent our last nights in Portugal, and the only hotel we stayed in that had an elevator. **MIDDLE:** A typical Portuguese gas station. **BOTTOM:** How to park in Lisbon. **LEFT MARGIN:** Train tickets from Sintra. **BOTTOM MARGIN:** Subway tickets. **BOTTOM RIGHT:** The bill from our last dinner in Portugal, and the only restaurant that refused to sell us an expresso cup (we collected four different ones at different restaurants on our trip).



# Dom João Residencial



LISBOA  
PORTUGAL

1	COUVERT	700.-W
2	SOPA	
3	SALADAS	2800W
4	PEIXE	
5	CARNE	1250.-W
6	SOBREMESA	1150.-W
7	VINHO	300.-W
8	REFRIGERANTES	1100.-W
9	BAR	
10	DIVERSOS	
*TOTAL . . .		7.300.00
Lisboa, 12/06/92		
*IVA incluido T S C		

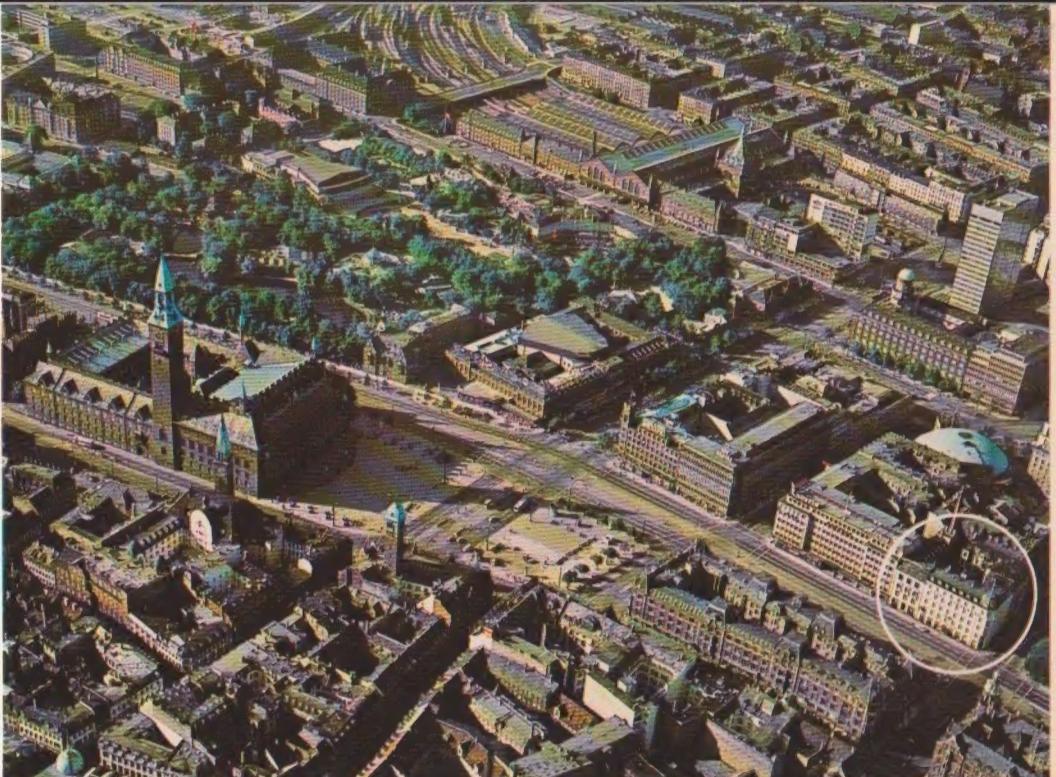
Joma Loa Paco do Lumiar — 1600 Lisboa Cmte 501445940 Aut Minst N.º 112165

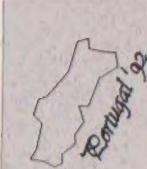


**BELOW:** Pictures of our bikes as they were loaded onto the plane. Though we had been told we could purchase bicycle boxes at the airport, that wasn't the case.

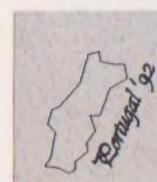
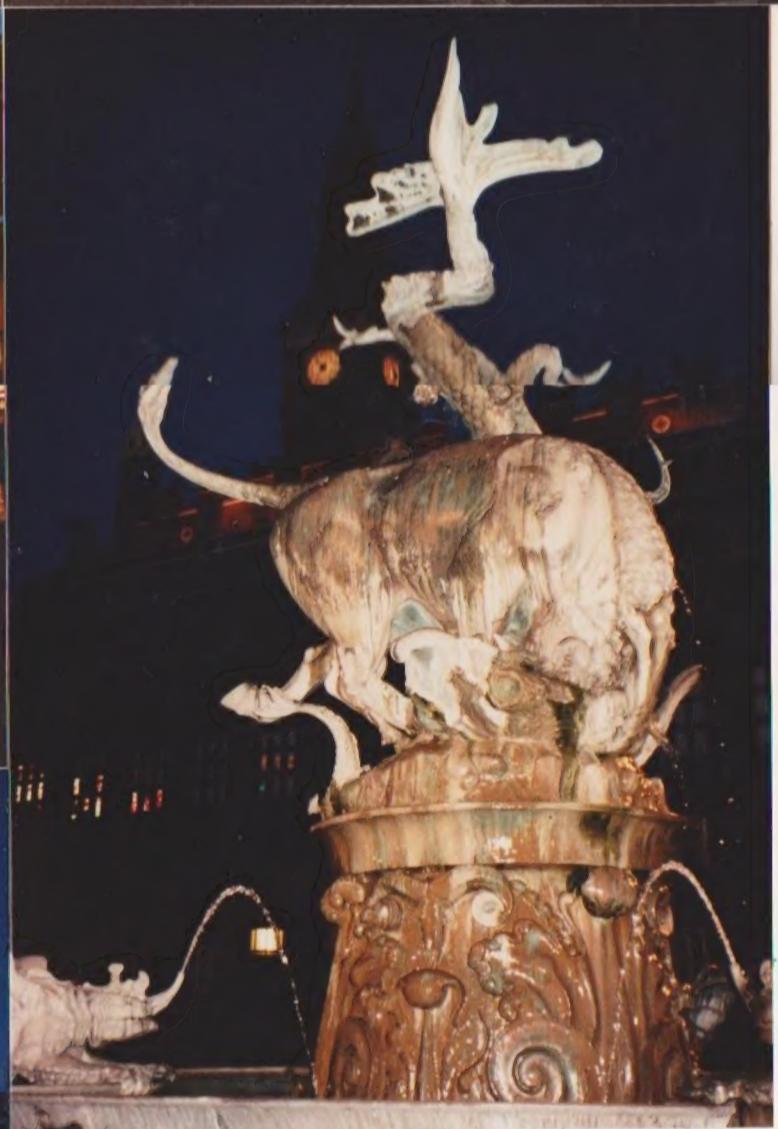


Hotel ALEXANDRA - Copenhagen

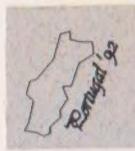


  
**TOP LEFT:** Boarding pass & SAS bus ticket to downtown Copenhagen. **TOP RIGHT:** Postcard from our hotel in Copenhagen. **MIDDLE RIGHT:** Tivoli Gardens. **MIDDLE LEFT, BOTTOM:** Views of Tivoli.

Copenhagen



TOP LEFT: Pagoda at Tivoli. TOP RIGHT: Duck quarters at Tivoli. MIDDLE LEFT: Tivoli again. MIDDLE RIGHT: Statue at Radhuspladsen. BOTTOM: The bright lights of Copenhagen.



The souvenirs we  
collected in Portugal  
& Denmark.



Home!!